

READER'S DIGEST

GENIUS MELT-PROOF MAKEUP

best health

99+ IDEAS
FOR SUMMER
LIVING

GET A HANDLE
ON YOUR
HORMONES

13
FOODS
FOR PAIN-
FREE
LIVING

THE
TRUTH
ABOUT
FAT

THE ULTIMATE
**HEALTHY
BURGER**
Summer on a bun!

SURF'S
UP!
HOW TO
PICK THE
PERFECT
SUIT



So Good for protein.

You know it tastes so good, but you may not know So Good has up to 7 grams of protein in every glass. Made from non-GMO soy, it's the most complete milk alternative for you and your family.





So Good Tips For Summer

WITH REGISTERED DIETITIAN, DIANA STEELE



Why wait to do something good for your health? Summer is the ideal time of year to start something new and make healthy choices. With lots of fresh produce and great weather, everything in the summer seems to revolve around food; from BBQ's with friends to picnics at the beach and boating on the lake or camping in the woods. However, poor planning can lead to nutrition catastrophes. With a little advanced planning your summer celebrations can make a positive impact on your health and even your heart!



So Good is the most complete milk alternative beverage.

Fortified with 14 essential nutrients, a cup of So Good contains as much calcium, vitamin D and vitamin B12 as a cup of milk, and offers up to 7 grams of complete plant-based protein. So Good is also low in saturated fat and contains no lactose, gluten, trans-fat or cholesterol. As an alternative to milk, soy beverages are the most nutritionally equivalent to milk and 1 cup is considered a serving from the milk and alternatives group on Canada's Food Guide.



Start your day off right. A well-balanced breakfast includes both carbohydrates for energy and protein as an anchor for your energy. Consider making a breakfast-to-go the night before, such as the So Good Cinnamon Baked Breakfast Slice. Pair it with a delicious smoothie containing protein such as So Good Vanilla, an excellent source of protein and calcium, plus 12 other essential nutrients. This combo packs a real nutritious punch!

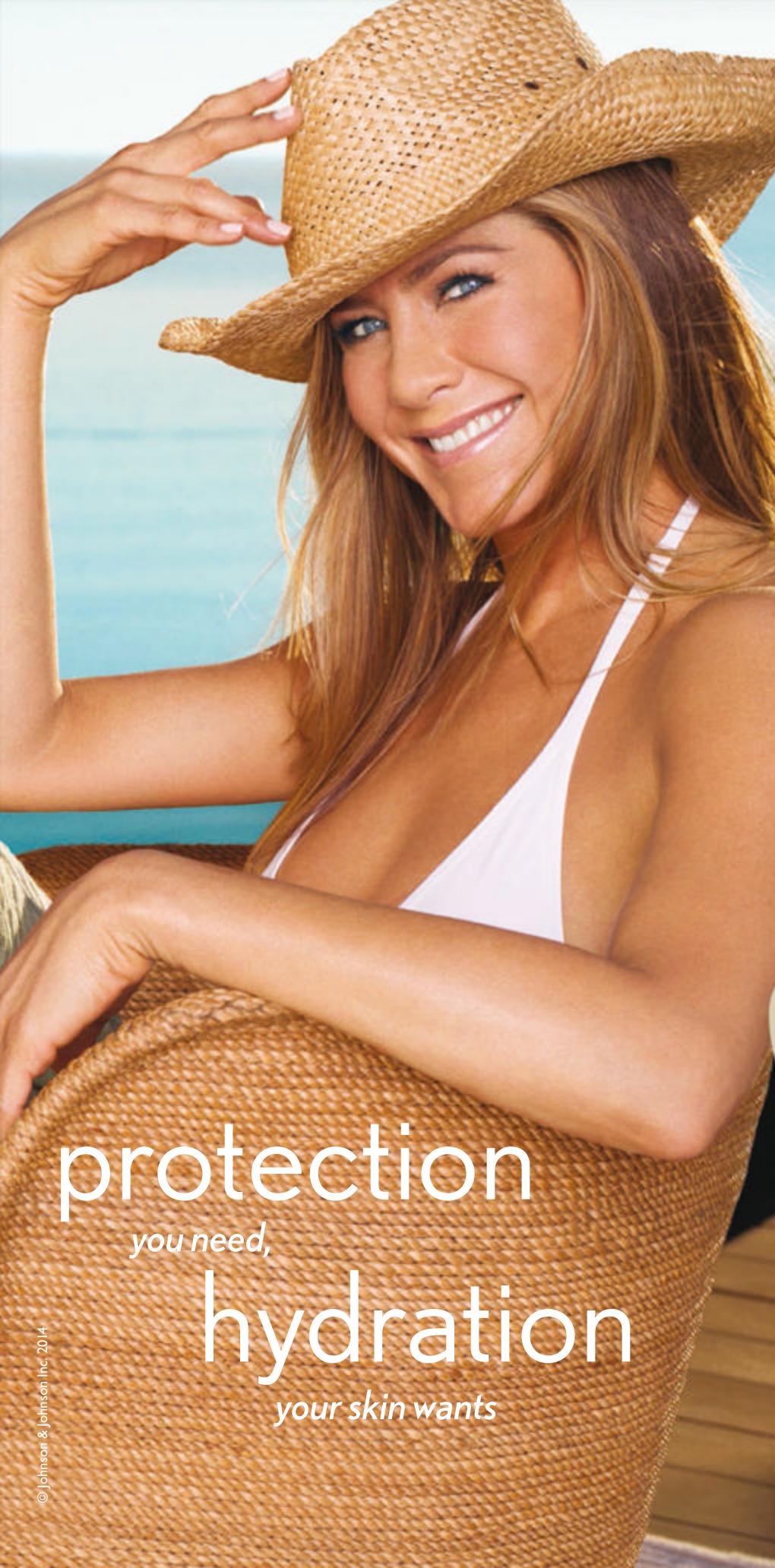
Scientific research shows that the consumption of at least 25g of soy protein per day helps reduce LDL cholesterol, a risk factor for heart disease. And...It's official! Health Canada just approved a health claim linking the two.

IT'S OFFICIAL: So Good can help reduce cholesterol. One 250ml cup of So Good fortified soy beverage provides 25% of the daily amount of soy protein shown to help lower cholesterol.

-Health Canada, March 2015

Snack attack: Snacks are a great way to keep your energy up between meals on active days. Pack them with you and skip the junk food at the concession stand. Bringing a small cooler and ice pack will keep your cold food cold on hot days. Pack a few high protein granola bars or nuts, or a So Good single serve as a quick snack on the run.

Maintain your cool: Staying hydrated is essential in the heat of the summer. Pack water bottles wherever you go, and skip the sugary drinks with no nutritional value. Whip up a So Good smoothie as an afternoon pick me up or refreshing evening treat.



Aveeno[®]
ACTIVE NATURALS[®]
sunscreen lotion

AVEENO[®]
PROTECT+HYDRATE™ leaves
your skin healthier looking than
before you went in the sun.
Our ACTIVE NATURALS[®]
Oat Formula is clinically proven
to hydrate skin for up to 24 hours.

ACTIVE NATURALS[®]
COLLOIDAL OATS
HYDRATE AND NOURISH



protection
you need,
hydration

your skin wants



WORDS THAT INSPIRED US ...

"Summertime is always the best of what might be." - *Charles Bowden*

contents

SUMMER 2015

ON THE COVERS

99+

IDEAS FOR SUMMER
pages 28, 34, 43, 50, 100

- 50 SURF'S UP! PICK THE PERFECT SUIT**
- 72 13 FOODS FOR PAIN-FREE LIVING**
- 82 GET A HANDLE ON YOUR HORMONES**
- 100 SUNSCREENS THAT'LL SAVE YOUR SKIN**
- 108 THE TRUTH ABOUT FAT**
- 120 THE ULTIMATE HEALTHY BURGER**

COVER PHOTOGRAPHY: GENEVIEVE CHARBONNEAU;
WARDROBE STYLIST, INGRIE WILLIAMS;
HAIR + MAKEUP, BLAIR PETTY/JUDY INC.COM;
HAT, WINNERS, \$20



contents

SUMMER 2015

BEST LOOKS

- 28 NEED IT, WANT IT, LOVE IT**
Hot summer beauty
- 34 YOUR BEST SUMMER SKIN**
Must-have bronzers, shadows and more
- 43 GOOD TO GO**
Get vacation ready in three weeks
- 50 HAUTE WATER**
On-trend swimwear
- 60 BEST BETS**
This issue: sandals
- 62 FAB FOUR**
Q+A with Pan Am athletes
- 65 HELLO, SUMMER**
Beat the heat with editor-approved picks

BEST YOU

- 72 HEALTH, NATURALLY**
Naturopathic solutions for joint pain
- 74 THE PHARMACIST WILL SEE YOU NOW**
A look at the changing healthcare scene
- 76 TRACK STARS**
We put fit tech to the test
- 82 FEELING HORMONAL?**
Solutions for tackling PMS and more
- 88 MEDICINE CABINET MAKEOVER**
Top first-aid items and care
- 93 10-MINUTE TUNEUPS**
A mood-boosting HIIT workout
- 96 BACK TO THE FUTURE**
Revisiting classic childhood vacation spots
- 100 BEST REMEDY**
The sunscreens products you need

BEST EATS

- 106 BEST CHEF**
This issue: Jay Carter
- 108 FAT CHAT**
Understanding the role of fats in food
- 112 15 FOODS...**
for glowing skin and luscious locks
- 120 ON YOUR MARK, GET SET, GRILL**
Healthy BBQ ideas for summer



34

THIS SEPHORA COLLECTION PRO CONTOUR KABUKI BRUSH #82, \$48, IS THE PERFECT TOOL FOR APPLYING BRONZER

IN EVERY ISSUE

- 6 LETTERS TO THE EDITOR**
Your thoughts on our spring issue
- 10 EDITOR'S LETTER**
- 17 BEST NEWS BRIEFS**
Trending news in fitness, nutrition, wellness and beauty
- 127 SHOPPING GUIDE**
- 128 BEST FOR LAST**
Crowdsourced inspiration

PROUDLY INTRODUCING

THE ALL-NEW 2015 CHRYSLER 200



AN IMPRESSIVE FIRST IMPRESSION

The all-new 2015 Chrysler 200 will change the way you look at North American-built sedans. For starters, it's Canada's most affordable mid-size! Its sophisticated aerodynamic design, finely sculpted curves and striking profile only hint at the crafted, premium amenities that await. You'll find comfort and quality in every detail, from available Nappa leather-faced seating and real wood trim to the innovative pass-through console. In fact, this remarkable blend of high-end fit and finish and ingenious engineering has been recognized with the Ward's 10 Best Interiors Award. The all-new 2015 Chrysler 200, impressively priced at just \$22,495.²



chrysler.ca





**Children discover
the world with
their mouth...**

**Always keep
laundry pacs away
from children.**



Brought to you by



LETTERS



HERE'S WHAT YOU HAD TO SAY ABOUT OUR SPRING ISSUE!

WINNING LETTER!

I AM ENJOYING THE NEW FORMAT OF YOUR MAGAZINE. First, I love the texture of the pages, they aren't too glossy, which means it's easier to read. I like that there are no long-winded articles that I would quickly skim over because I never have time to read those. Even your advertising suits the magazine to a tee – products advertising health and wellbeing, not all fashion and beauty. – TRACEY ILNISKY, VIA EMAIL

WHEN I STARTED TO READ THE MAY ISSUE, I realized that my one wish about your magazine had come true. I found that the text was clearer and easier to read than in previous issues. Last month I had even considered complaining about the hard-to-read print but now I can send my compliments instead. Thanks for a great magazine. – JANICE FRASER, VIA EMAIL

I REALLY APPRECIATED THE ARTICLE ON NUTRITION LABELS titled "The Fine Print." So often we are told to check the nutrition labels but are never told what all those numbers mean and how much of each we should be consuming. It was nice to finally have it explained. – MIRANDA RICE, VIA EMAIL

AS A FAN OF READER'S DIGEST, *Best Health* is a fantastic, informative magazine that introduces new products, provides excellent recipes and articles that I want to share with family and friends. Even your ads have provided expanded insights into products and services that are new to me. I am grateful for the *Best Health* community that realizes how unique we all are, and celebrates with us! – PAMELA CHRISTIE, VIA EMAIL

write + win

In 100 words or less, tell us what you think about our summer issue. The winning letter will receive a L'Occitane prize pack (valued at \$146). Send your letters to besthealthmag@rd.com with WRITE + WIN in the subject line. Published letters may be edited for clarity. For a complete set of rules and more information on this contest, please visit besthealthmag.ca/writeandwin.

PRIZE MAY NOT BE EXACTLY AS SHOWN. THE CONTEST PERIOD OPENS ON JUNE 03, 2015 AND CLOSES ON JULY 02, 2015 AT 23:59:59 (EDT)



**SENSITIVE SKIN, A BLANKIE,
AND A MUD PUDDLE.
WHAT COULD POSSIBLY GO WRONG?**

**Nothing, with Tide, Downy and
Bounce Free & Gentle.**

**Hypoallergenic.
No dyes. No perfumes.**

Like any household detergent, keep away from children.

Learn more at Tide.ca.

BETTER TOGE+HER

"I'LL NEVER
LOOK BACK,
I WILL JUST
LOOK
YOUNGER."

Now with more
vitamins than
the leading U.S.
prestige moisturizer.

New Olay
Total Effects 7-in-One,
from the world's #1.
**In just 4 weeks,
skin looks up to
10 years younger.**



7
IN ONE

WORLD'S #1
FEMALE FACIAL SKINCARE BRAND[®]



Your best beautiful begins at [Olay.ca](#)

*Based on mass-market facial moisturizer and cleanser dollar sales for past 12 months.

Olay
TOTAL EFFECTS

YOUR BEST BEAUTIFUL™

best health

CHRISTOPHER DORAN

CHAIRMAN OF THE BOARD

THE READER'S DIGEST MAGAZINES CANADA LIMITED

BETH THOMPSON

EDITOR-IN-CHIEF

DEPUTY EDITOR, BEAUTY & WELLNESS KAREN ROBOCK

ASSOCIATE EDITOR JANNEN BELBECK

CONTRIBUTING EDITORS

BEAUTY MEGAN KIRKWOOD

FOOD ALISON KENT

STYLE INGRIE WILLIAMS

COPY CORINNA REEVES

WEB EDITOR MELISSA GREER

IPAD ART DIRECTOR JANNIKE HESS

IPAD PRODUCTION DESIGNER PATRICIA GAGNON

CONTRIBUTORS

Michael Alberstat, Luis Albuquerque, Juliette Lie Baxter, Suzanne Campos, Genevieve Charbonneau, Dee Connolly, Rachel Davis, Jane Doucet, David Grenier, Alyssa Howes, Chris Hoy, Toni Marie Ippolito, Stephanie Joanne, Dr. Penny Kendall-Reed, Elisa Kosonen, Jennifer Krissilas, Jo-Anne Martin Grier, Jackie Middleton, Blair Petty, Jodi Pudge, Courtney Reilly-Larke, Nancy Ripton, Michelle Rosen, Geoffrey Ross, Jackie Shipley, Sarah Jane Silva, Michele Spongale, Renée Suen, Maya Visnyei

ROBERT GOYTETE

VICE PRESIDENT AND EDITOR-IN-CHIEF, READER'S DIGEST

PROJECT MANAGER LISA PIGEON

PRODUCTION MANAGER LISA SNOW

PUBLISHER KARIN ROSSI

THE READER'S DIGEST ASSOCIATION (CANADA) ULC

PRESIDENT BRIAN KENNEDY

DIRECTOR, CONSUMER MARKETING JANET FLETCHER

LEGAL BARBARA ROBINS

ADVERTISING ACCOUNT MANAGERS

121 BLOOR ST. E, STE. 430,

TORONTO, ON M4W 3M5 TEL: 416-925-8941

KATI BRADSHAW, MARY COUGHLIN,

PERRY DI IORIO, SANDI LOWRY

VANCOUVER JENNIE WOOLCOMBE

(TEL: 604-983-2205)

MONTREAL LOUISE-HÉLÈNE LANCTÔT

(TEL: 514-940-7255)

THE READER'S DIGEST ASSOCIATION INC.

CHIEF EXECUTIVE OFFICER BONNIE KINTZER

EDITOR-IN-CHIEF, INTERNATIONAL MAGAZINES

RAIMO MOYSA

VICE PRESIDENT, INTERNATIONAL FINANCE

DAVID GRAHAM



PRINTED AND PUBLISHED SEVEN TIMES A YEAR BY THE READER'S DIGEST MAGAZINES CANADA LIMITED.*

Canada

WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE GOVERNMENT OF CANADA.

HOW TO REACH US

Editorial Office: 121 Bloor Street East, Suite 430

Toronto, ON M4W 3M5 Phone: 416-925-8941

Email: besthealthmag@rd.com

Website: www.besthealthmag.ca

For our submissions policy, please turn to page 127.

SUBSCRIBER SERVICE

Pay your bill, view your account online, change your address and browse our FAQs: www.besthealthmag.ca/contact

Email: customer.service@besthealthmag.ca

Phone: 1-888-459-3333

Write: Reader's Digest, Customer Care Centre, P.O. Box 970, Stn. Main, Markham, ON L3P 0K2

TO SUBSCRIBE

Phone: 1-866-674-2456

Web: www.besthealthmag.ca (Click on "Subscribe")

MAIL PREFERENCE

Reader's Digest maintains a record of your purchase and sweepstakes participation history for Customer Service and Marketing departments, which enables us to offer the best service possible along with quality products we believe will interest you. Occasionally, to allow our customers to be aware of other products and services that may be of interest to them, we provide this information to other companies. Should

you wish, for any reason, not to receive such offers from other companies, please write to: Privacy Office, Reader's Digest, P.O. Box 974, Stn. Main, Markham, ON L3P 0K2. You may also write to this address if you no longer wish to receive offers from Reader's Digest, or should you have any questions regarding your record or wish to examine or correct it.

Vol. 8, No. 4. Copyright © 2015 by The Reader's Digest Magazines Canada Limited. Reproduction in any manner in whole or in part in English or other languages prohibited. All rights reserved throughout the world. Protection secured under International and Pan-American copyright conventions. Publications Mail Agreement No. 40070677. Postage paid at Montreal. Return undeliverable Canadian addresses to 1100 René Lévesque, Montreal, QC H3B 5H5.

* Best Health may occasionally publish extra, special and double issues (special and double issues count as two), subject to change without notice. Subscriptions, \$26.97 a year, plus \$6.99 postage, processing and handling. Please add applicable taxes. Outside Canada, \$47.96 yearly, including postage, processing and handling. (Prices and postage subject to change without notice.) ISSN 1919-0387.



NEW
TOTAL EFFECTS
FEATHER WEIGHT
SPF 15

Our quick-absorbing,
weightless-feeling
moisturizer **fights**
7 signs of aging for
younger, healthier-
looking skin.



Olay
TOTAL effects

YOUR BEST BEAUTIFUL™

I never had a sister until I was in my 40s...



Beth

BETH THOMPSON
Editor-in-chief
FOLLOW ME @MOREBETH

AND THEN I HAD FIVE. We met at work and, for the most part, that was our only unifier, given that we were all at different places in life, love and years.

One of our first forays beyond the water cooler was a clothing exchange – an event that provided a glimpse into the relationships that would blossom. We encouraged, cajoled and inspired each other into trying on – and ultimately claiming – a few new pieces.

Today we've moved past trading clothes, though we still incorporate that into an annual weekend getaway, which we faithfully gather for at summer's start. It's still an opportunity to encourage, cajole and inspire, though it's less about new threads and more about new thinking.

I'm the oldest, but that doesn't make me the big sister. Having grown up with brothers, I was kind of clueless about how to act around a gaggle of girls. Sisters, I recently learned from Miriam Toews's *All My Puny Sorrows*, talk

incessantly, boundaries be damned. Sisters of brothers, I can say with authority, speak in much shorter sentences, borders fortified.

In our group (three of us with sisters, three with brothers), conversations live between those two extremes. And we have no shortage of talking points, having seen each other through so much: the gains (job promotions and babies) and the losses (illnesses and downsizing).

The fact that we are not blood sisters is a bonus. We neither compete with one another nor fight for parental affection. Instead, we use our time together for the good of ourselves: exploring new food, new wine and new ideas. It's cool to see the youngest reach forward for advice on work or kids, and cooler still to see the older reach back for the same thing.

The immutable truth is that our sisterhood, especially our weekend retreat, tops up our resiliency, vaccinating us against the vagaries of this world. It is the best reminder that the crazy highs and crushing lows we encounter along life's long path serve only to inform us, not define us.

That, after all, is what sisters are for. *✓*

* *Do you have a great group of friends who support you through thick and thin? I'd love to hear about them! Email me at besthealthmag@rd.com.*

WHAT I'M LOVING THIS ISSUE

BEST LOOKS



{GLOWING GOODNESS, PAGE 28}

BEST YOU



{SUNSCREEN SMARTS, PAGE 100}

BEST EATS



{LIQUID YOUTH, PAGE 112}

L
WHO'S
IN THE CLUB
K
NOW



Naturally Flavoured Club Soda with a HINT of Lemon and Lime.
Refreshingly Unsweetened and Low Sodium.

Join the Club!



*Trademark of Canada Dry Mott's Inc.

BESTHEALTHMAG.CA

BEST HEALTH + BIRCHBOX = ONE AMAZING SUMMER

You know it's gonna be fun and fabulous, but just what will the Best Health + Birchbox co-branded box look like? Be among the first to know! Follow us on social media @besthealthmag and @birchboxca for the big reveal on June 16.



Summer 2015 will be a season of amazing alliances. Yes, there's the FIFA Women's World Cup and the Pan Am/Parapan Am Games, but the one we're most excited about is our very own! Best Health is joining forces with the beauty ecommerce company Birchbox to create an exclusive box filled with exciting beauty samples. Inside, you'll find products to help you have your healthiest, happiest summer yet from brands like Benefit and Vasanti, plus a special subscription offer to *Best Health* magazine. Want more info? Visit birchbox.ca/besthealth.

sweat style

From artfully crafted cut-outs to breathable mesh and sweat-wicking fabrics, summer fitness is as much about keeping comfortable as it is about breaking a sweat. See our picks at besthealthmag.ca/summer-sweat-style.

GET SOCIAL WITH US



Taste of summer

Find our best summer smoothie recipes (and maybe a cocktail idea or two!) at besthealthmag.ca/summer-smoothies.



PACK MENTALITY

Whether your summer plans involve the beach, a music festival or an escape to the great outdoors, there are a few beauty essentials you should have on hand. Find out what to pack for each event at besthealthmag.ca/summer-beauty-bag.

Treat the pain at the first sign with Arnicare®



Quickly absorbed • Paraben-free • Fragrance-free

- Relieves muscle and joint pain
- Eases resorption of bruising & swelling



BOIRON®



www.boiron.ca

This homeopathic medicine may not be right for everyone. Always read and follow the label.



Smoothies That Keep Your Waistline In Check

Now is the time that most of us start thinking about our weight loss goals. After all, that's what New Year's resolutions are for. Diet shakes don't have to taste bland and boring. Delicious smoothies made with Almased give your metabolism a natural boost and help you burn fat while retaining muscle mass. Replace one or two meals a day with an Almased shake for weight loss or add it to your regular diet routine for wellness. The recipes on the right will help you shape up by shaking it up! You can find more at www.almased.ca or by giving us a call at **1-877-256-2733** (toll-free).

Try Any Of The Delicious Smoothies Below To Get Your Diet Started

Cinnamon Roll

- 8 Tbsp Almased
- 360 ml unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



Mocha Magic

- 8 Tbsp Almased
- 360 ml unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- 60 ml cold coffee
- 1 tsp stevia (optional)



Green Energy

- 8 Tbsp Almased
- 360 ml unsweetened almond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



Carrot Cake

- 8 Tbsp Almased
- 360 ml unsweetened vanilla almond milk
- 60 ml carrot juice
- 1 tsp ground flaxseeds
- 1 Tbsp walnuts
- A pinch of cinnamon



For nutritional information on our shake recipes, go to figureplan.com/recipes and enter source code **BHB**.

MELT YOUR BELLY FAT WITHOUT STARVING YOURSELF

Introducing Almased

Germany's most popular all-natural dietary supplement formula made from non-GMO soy, yogurt and honey in a unique fermentation process.

- No artificial fillers, flavors, added sugars, preservatives or stimulants
- Gluten-free
- Metabolism-boosting properties
- Contributes to healthy blood sugar levels
- Helps in the function of the thyroid gland
- Helps the body to metabolize carbohydrates and fat
- Is an antioxidant for the maintenance of good health
- Helps in weight management when used in conjunction with a healthy habit of diet and exercise

The success of the unique Almased formula has been confirmed in over 15 years of clinical research.
Almased is more than a diet, it's a way of life.



"I lost 35 pounds and gained back my healthy lifestyle in the process!"

~ Monique A.
Quebec, Canada

Here's How It Works

Simply add Almased shakes to your daily diet.



+



+



For more details on the four phases of the Almased Diet and delicious recipes, download our free Figure Plan from figureplan.com, enter source code: **BHB**.

Start the Almased Diet today! For retailer inquiries, please call **True North Nutrition** directly toll-free at **1-800-261-4223**. For questions on Almased, please call us directly toll-free at **1-877-256-2733** or visit almased.ca.

**TRUE
NORTH
NUTRITION**

Look for Almased in select health food stores including these fine retailers:

Available at
Walmart

**SHOPPERS
DRUG MART**

Rexall

**GNC
LIVE WELL.**

Loblaw's
at select stores

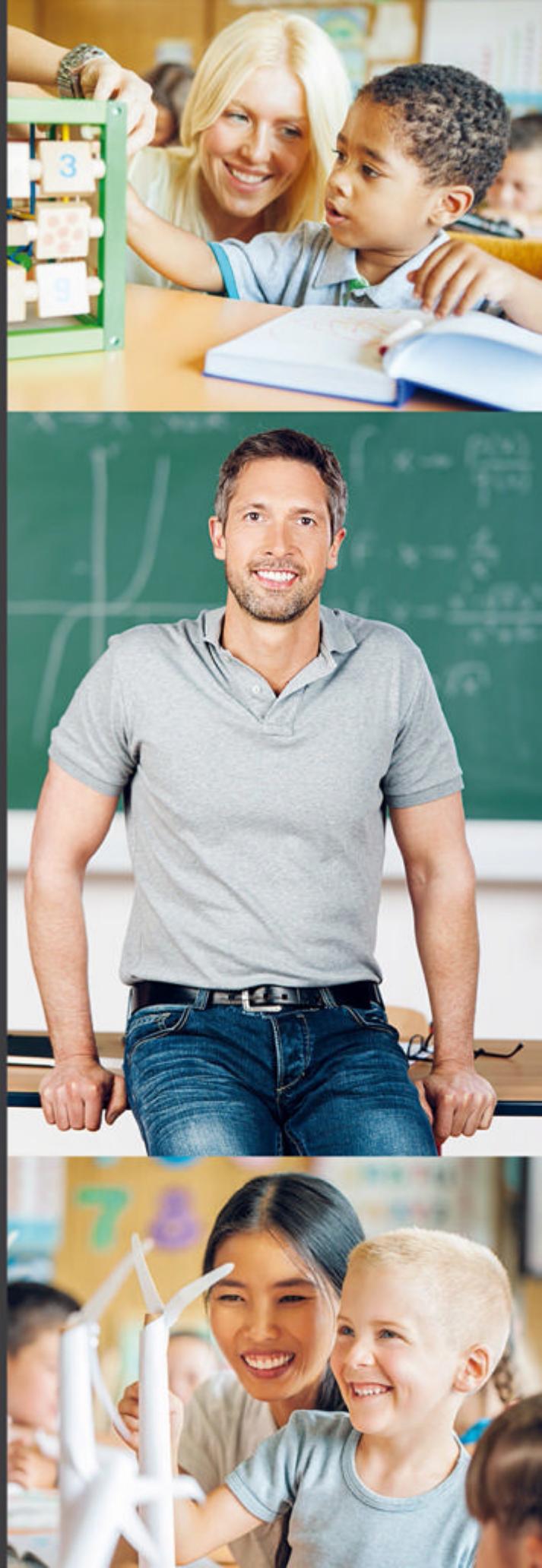
**READER'S DIGEST CANADA
AND THE CANADIAN
EDUCATION ASSOCIATION**
ARE PROUD TO ANNOUNCE THE
**2015 CANADIAN
INNOVATORS
IN EDUCATION AWARDS**

**RECOGNIZING
PEOPLE EFFECTING
LASTING CHANGE
IN OUR EDUCATION
SYSTEM**

FIRST PRIZE: \$25,000
SECOND PRIZE: \$10,000
THIRD PRIZE: \$5,000



**VISIT RD.CA/EDUCATION
FOR DETAILS**



best

NEWS

TIPS + TRENDS

ISTOCK; SOURCE: JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY

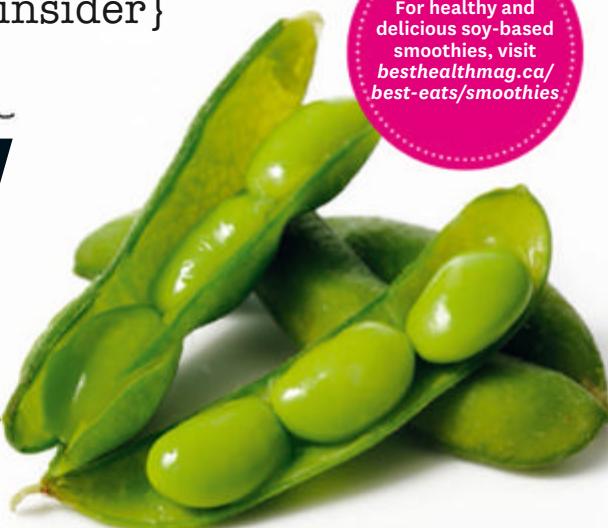


POWER COUPLE

Play together, stay together. Studies reveal that couples who get physical together (outside the bedroom), report feeling more in love with each other. Grab your guy and test the theory for yourself this summer.

{nutrition insider}

SOY SMOOTH



For healthy and delicious soy-based smoothies, visit besthealthmag.ca/best-eats/smoothies

Casey Berglund, a registered dietitian and spokesperson for Dietitians of Canada, gives us the lowdown on soy and why we should be adding it to our diet.

What makes soy a nutritional choice?

Soybeans are high in protein. Three-quarters of a cup of cooked soybeans contains as much protein as half a cup of cooked meat, chicken or fish. Soy is higher in fat than other legumes. However, the fats are mainly healthy fats, including omega-3 fatty acids. Soy is also a source of important minerals, such as calcium and iron. Research shows that soy may be beneficial in the prevention of heart disease and breast cancer.

How can women incorporate more soy into their diets?

I would recommend starting with whole soybeans, tofu and/or a soy beverage. Soy can be added to salads, soups, smoothies or pasta dishes. Green soybeans, or edamame in the shell, can be steamed and eaten alone as an appetizer or snack. Tofu can replace meat in vegetable stir-fries, soups and pasta sauces. Soy beverages are great to drink on their own, in smoothies, over cereal or in cooking and baking. Choose a plain fortified soy beverage that has at least seven grams of protein per cup.

Can you substitute soy for other items in your favourite recipes?

Silken (soft) tofu works well for preparing smooth sauces, like alfredo sauce for pasta, or dips for veggies and crackers. It can be blended with savoury ingredients to create a delicious soup or combined with sweet ingredients to make a creamy dessert, such as "cheesecake." Tofu also works well in smoothies – it has a very neutral flavour, so it takes on whatever flavour it's paired with.



* Sweet News!

Indulge your chocolate habit now and then – without guilt. “Healthy eating doesn’t have to be boring, and there is always room for fun,” says Andrea Holwegner, a Calgary-based “chocoholic dietitian.” Here’s one of her top tips: Opt for snack foods that are individual sized or have portion control indicators on the package. “Most of us don’t eat portions, we eat packages,” she says, “so this is more helpful than hoping you’ll stop at a few handfuls.” Check out the classic childhood fave, Smarties, which now come portion-packed!

RED ALERT!

Chili peppers could be the next big obesity fighter. Researchers at the University of Wyoming have found promise in the potential of capsaicin – the chief ingredient in chili peppers – as a diet-based supplement. According to World Health Organization estimates, one-third of the world’s population is currently overweight or obese, making finding new weight-management strategies a top priority for health scientists around the globe.



DID YOU KNOW THAT 8 STRAWBERRIES
CONTAIN MORE VITAMIN C
THAN ONE MEDIUM-SIZED ORANGE?
(YAY FOR STRAWBERRY SEASON!)



NOT YOUR SMOOTHUAL SUSPECTS CONTEST

How smoothie savvy are you? So Good's Not Your Smoothual Suspects Contest is your chance to test your smoothie smarts.

Each week we'll show you a picture of a healthy smoothie that will leave you feeling fresh and full of energy. These smoothies go beyond the expected—the surprising blends of a delicious **So Good** soy beverage, fruits, veggies, herbs, and spices will leave you all mixed up! Guess the correct mystery ingredients and enter for a chance to win the weekly prize from KitchenAid. You'll also be entered for a **chance to win a trip courtesy of Club Med!**

Smoothies
are better with
So Good!



Guess the mystery ingredients and enter to win at besthealthmag.ca/contests/so-good

Contest closes on August 9, 2015 at 23:59:59 (EDT). For complete rules, go to besthealthmag.ca/contests/so-good or facebook.com/besthealth. The Reader's Digest Association (Canada) ULC, c/o Prize Award Administrator's Office, 1125 Stanley Street, Montreal, Quebec H3B 5H5. Prizes may not be exactly as shown. *Approximate prize value.

Club Med

Over 65 all-inclusive resorts worldwide



Punta Cana

- Excellent source of protein
- Excellent source of calcium
- 100% dairy and lactose free
- No artificial flavours, colours, or preservatives
- No cholesterol
- Low in saturated fat
- Made from non-genetically modified soy protein



{beauty insider}

HOT-WEATHER HAIR RULES

We caught up with Rob Pizzuti, international brand ambassador for Pai-Shau and master colourist with Blyss Salon in Toronto, to get the scoop on maintaining your summer tresses.



PIZZUTI SAYS SERUMS ARE SUMMER HAIR'S BEST FRIEND

promote SPF and add moisture. The best of them are super-refined and will feel like silk in your hands. Most importantly, these serums will completely soak in. This new technology for protection is essential to keeping everyone's hair shining bright and looking spectacular.

How does chlorinated water hurt hair?

Here's what happens: If you let pool water dry on your hair, only the water evaporates and the chlorine sits there, eating away at your hair and turning it that telltale greenish hue. The solution? Just rinse with water – even a garden hose – to flush most of it out and you can get back to the sun in record time. Shampoo it when you can.

Is salt water any different?

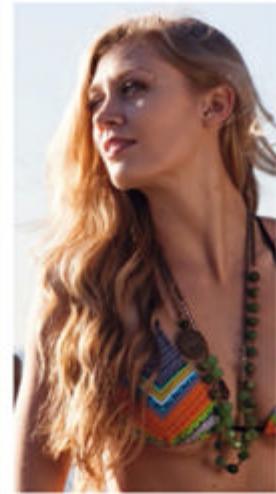
Salt water is better than chlorine, but I would not let it sit on your hair too long.

Is it true that summer sun can damage coloured hair?

Yes, the sun's rays fade your colour – just like anything left in the sun – and the heat dries it out. Once that happens, your hair will leak colour and moisture through tiny dry cracks, leaving the outside layer looking dull.

What are your best tips for protecting colour from the sun?

There are brilliant new serums that trap moisture in the hair and seal the outside layer. Look for products that



DO THE Wave

Summer is too short to be fussing with your hair. That's why we love these new salt sprays, which make beachy waves a shore thing. Simply spray in and let hair air-dry.



TO TRY JOHN FRIEDA BEACH BLONDE SEA WAVES SALT SPRAY, \$11. THIS LEAVE-IN SPRAY WORKS FOR ALL HAIR COLOURS AND IS INFUSED WITH COCONUT FOR A SUMMERY SCENT.

THAT'S GENIUS!

Looking for a.m. time savers?

Try moisturizing in the shower. The formula in Jergens Moisturizer for Wet Skin, \$11, binds hydrating oils to water so lotion absorbs immediately.

SHOWER. MOISTURIZE. DRY. DONE.



editor's faves

PURPLE HAZE
The change of season, increased sun exposure and air-conditioned offices can leave skin feeling parched. Keep your lips and hands smooth on the go by tucking these pretty essentials in your purse.

TO TRY EOS PASSIONFRUIT LIP BALM, \$4; L'OCITANE IRIS BLEU & IRIS BLANC HAND CREAM, \$12

EXCELLENCE® BRUNETTE LEGEND



F3
Sophia



Find your legendary shade at lorealparis.ca

SUPER RICH CARE
FOR SUPER RICH COLOUR
SO VOLUPTUOUS, SO WARM
INSPIRED BY SOPHIA LOREN

- EVERY STRAND GETS SUPER RICH CARE:
PROTECTS, REPLENISHES, CONDITIONS
- TIMELESS, ELEGANT BRUNETTES
- 100% COVERAGE, EVEN ON RESISTANT GREYS

BECAUSE YOU'RE WORTH IT.

L'ORÉAL®
PARIS

{wellness insider}

HOLISTIC HEALING

Summer is prime time for detox diets, so we asked Kate Ross LeBlanc, co-founder of Saje Natural Wellness, for her advice on doing it right.

Are detox diets really necessary?

Some people lead a lifestyle where they're naturally detoxing on a regular basis – through exercising, drinking lots of water and eating well – so they may not need to do cleanses as often. But we're all building up some amount of toxins in our bodies through the foods we eat and the products we use on our skin, so I think most of us can benefit from doing a detox a couple of times a year.

What are some of the benefits of doing a detox?

As toxins build up in the body, they affect people at their weakest link, so you could notice improvements in sleep, aches and pains, the occurrence of headaches or the severity of allergy symptoms. It's also a great way to kick-start a weight-loss program.

How can we use your new detox tea as part of our next cleanse?

You could incorporate two to three cups of hot or iced tea a day as part of your overall fluid intake to give your cleanse a boost. Our tea contains peppermint (an anti-inflammatory), lemon myrtle (a natural detoxifier) and a small amount of chili pepper (which stimulates your metabolism).



TO TRY SAJE
DETOK ORGANIC
LOOSE LEAF
REMETEA, \$15

PAIN PILL side effects



How are you feeling?

If you've ever noticed a change in your emotions after popping a pain reliever to soothe a headache or stiff back, you're not alone. A new small-scale study published in *Psychological Science* found that taking one acetaminophen dulled participants' emotional reactions when shown a series of photos meant to elicit strong responses (like cute puppies). Researchers say the association is "reliable but subtle" and plan to study other OTC pain relievers to see if they yield similar results.

OM-MY, it's that easy?

Would you try meditation if it only took 10 minutes and you could get zen anywhere, anytime? "Most people assume meditation is all about stopping thoughts, getting rid of emotions and somehow controlling the mind, but actually it's about stepping back and seeing a thought clearly," says Andy Puddicombe, founder of Headspace, a hit U.K.-based digital meditation guide that's convincing the masses (like us!) to meditate. The app has been downloaded over 1.8 million times, and celeb fans include Emma Watson and Gwyneth Paltrow. headspace.com





Sleep like a baby.

Sleep soundly.
And wake refreshed.
Introducing ZzzQuil™
liquid from the makers of
NyQuil.™



Indicated for relief of occasional sleeplessness. To ensure this product is right for you always read and follow the label. Keep all medicines out of the reach of children. © Procter & Gamble, Inc., 2015

{fitness insider}



IPAD
EXTRA
FIND OUT ABOUT
TECHNOGYM'S
PAN AM
CONNECTION

26

THE NUMBER OF STRUCTURAL SUPPORT BONES IN THE FOOT. SO, HOW BEST TO STABILIZE THEM? IN ADDITION TO PROPERLY FITTING SHOES, YOU MIGHT WANT TO TRY PERFORMANCE SOCKS, LIKE THOSE FROM STABLE 26. MADE OF BREATHABLE, ERGONOMIC NYLON, THEY CONTAIN SILICONE PADS TO ENHANCE STABILITY OF THE ENTIRE FOOT, IMPROVING BLOOD FLOW AND REDUCING RISK OF BLISTERS. STABLE26.COM

GYM DANDY

Thinking about a home gym? We talk shop with Technogym founder and president Neri Alessandri, who recently brought his Italian innovations across the pond.

Why did you decide to launch in Canada?

North America is a priority for us, and we chose Canada because we feel our European-minded vision is better understood here than in the U.S. In a market arena driven by fitness, Technogym focuses on wellness – something Canada is more in line with.

Why is wellness a priority for you?

Fitness on its own is an opportunity for a few enthusiasts, but wellness is an opportunity for everybody. We believe that a holistic approach to wellness that includes physical exercise, nutrition and a healthy mental approach can reach and appeal to more people.

What's the most popular piece of equipment?

Treadmills are bestsellers, but my favourite is our Kinesis. It's a piece of furniture, really, with cables that let you do more than 200 different exercises. You can do everything from strength to flexibility to core balance training. Kinesis is not only a machine but also a discipline, allowing you to train in many different ways and address many different people's needs.

Let's talk more about this idea of equipment as furniture.

We are an Italian company, so design is part of our DNA. We want fitness and wellness to be integrated into a consumer's life. We don't want people putting pieces into the basement or garage because they don't like the way it looks. If you have nice equipment, you will put it in a nice part of your house and use it more. Design is not just about aesthetics. It's about using something more, it's about having an emotional approach that brings you to do more activity, which impacts your overall wellness. technogym.com

This interview has been edited and condensed.

Dropping the final 5

Stuck in a weight-loss rut? Try Canadian fitness expert Bruce Krahn's method of simultaneous fat loss and muscle gain, outlined in his new book, *Trouble Spot Fat Loss*, \$23 (Appetite by Random House). Throw out old notions of counting pounds, a diet plan that makes you "hangry" and generalized goals – it's time to love your body every step of the way. Krahn helps readers do just that by focusing on milestones that can be tracked until those last few pounds disappear.





Relief and Peace of Mind

FeminaFlora is a side effect-free solution to stop reoccurring vaginal infections. It supplies 10 billion live probiotic cells from 4 different strains for vaginal health. **FeminaFlora** gives fast relief and resilience against further infections.

- Delivers fast-acting relief
- Protects against vaginosis and further infection
- Establishes a protective acidic layer for protection from yeasts, including *Candida albicans*
- Our new convenient packaging includes 10 vaginal ovules with applicator



Available exclusively at your local health food stores.
To find a retailer near you, visit newrootsherbal.com/store

Prevention & Cure® since 1985

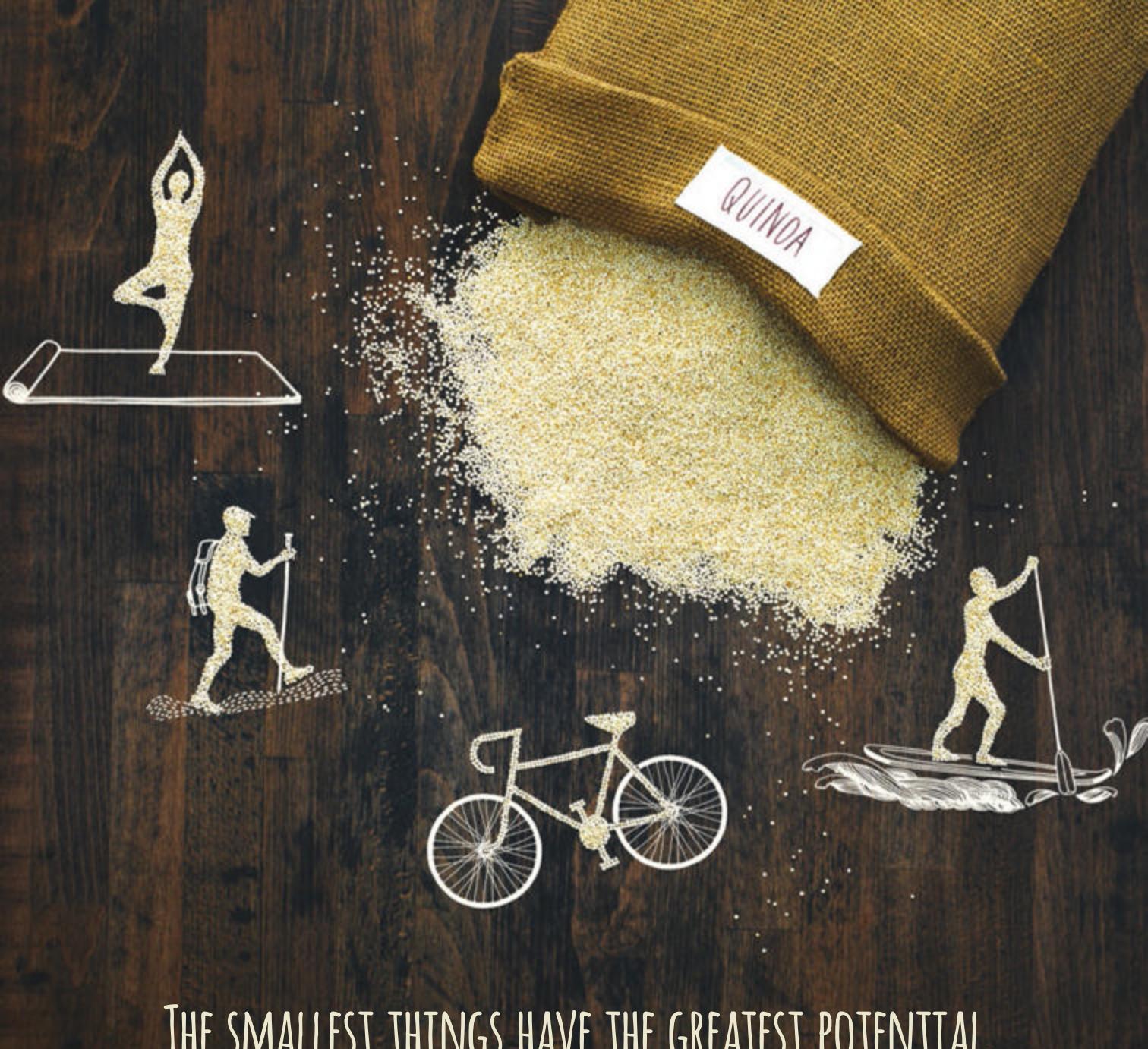


- Our ISO 17025 accredited laboratory has **15 scientists**: 3 PhDs, 4 MScs, and 8 BScs
- All our products are non-GMO



[newrootsherbal](https://www.facebook.com/newrootsherbal)
newrootsherbal.com





THE SMALLEST THINGS HAVE THE GREATEST POTENTIAL.

Sure, one tiny, humble quinoa seed may not seem like much. But when it's used to make our newest Kashi* foods, it starts a path of eating well, which inspires another good decision. And then another. **And that can take you anywhere.**

Learn more at Kashi.ca

Kashi eat POSITIVE*



best

LOOKS

I D E A S + I N S P I R A T I O N

PANNING FOR GOLD

Get into the spirit of the Pan Am Games – and add a little sparkle to summer while you're at it – with these metallic nail polishes.

photography by GEOFFREY ROSS



SEE SHOPPING
GUIDE FOR BUYING
INFORMATION





your choice
MORE
OR LESS

FRESH SUGAR NUDE LIP TREATMENT SPF 15, \$26; BLISTEX ORANGE MANGO BLAST LIP CARE WITH SPF 15, \$2

Lip Service

Sporting daily SPF is a no-brainer, but are you remembering to protect your delicate pout, too? The skin on your lips is four times thinner than the rest of your face, and licking them (or enjoying a cocktail) can make them extra vulnerable to burning. Be sure to reapply a balm with an SPF of at least 15 every hour when you're out in the sun for a super-soft pucker around the clock.

BEST BUYS

CLEANERS 2.0

Transform your ho-hum nightly routine with one of these new shape-shifting face washes.

1 Massage this soothing balm right onto dry skin to extract the day's impurities and dissolve every last trace of makeup – even waterproof mascara. BIOTHERM BIOSOURCE BALM-TO-OIL DEEP CLEANSER, \$34

2 A great starter cleanser for those wary of beauty oils, this formula goes on as a gel, then finishes as a hydrating oil, leaving your skin feeling ultra-clean and residue-free. BLISS FABULOUS MAKEUP MELT GEL-TO-OIL CLEANSER, \$34

3 Ideal for contact lens wearers, this refreshing fragrance-free gelée wipes away stubborn makeup without any pulling or irritation. L'ORÉAL PARIS SUBLIME SOFT MICELLAR GELÉE EYE MAKEUP REMOVER, \$12



4 An ultra-hydrating version of the beloved Sensibio micellar water, this soothing milk can be applied with a cotton pad without the need to rinse and is a must for extra-sensitive skin. BIODERMA SENSIBIO ONE STEP CLEANSING MILK, \$19

NEED IT! *your beauty essentials*



- A HARD CANDY FAST & FABULOUS WATERPROOF MASCARA TOPCOAT, \$6
- B CHANEL STYLO YEUX WATERPROOF IN ORCHIDÉE, \$30
- C BOURJOIS PARIS COLORBAND EYESHADOW & LINER IN ROSE FAUVISTE, MAUVE BAROQUE AND BEIGE MINIMALISTE, \$19 EACH
- D ANASTASIA BEVERLY HILLS DIPBROW POMADE IN BLONDE, \$23
- E SMASHBOX PHOTO FINISH PRIMER WATER, \$37

HOW TO

MELT-PROOF MAGIC

MAKEUP THAT RESISTS HEAT AND HUMIDITY IS a girl's BFF in summer. These long-wearing wonders ensure that your face will go the distance without the need for touch-ups. "Before applying makeup, prep with a mattifying fluid or serum. Never use a rich cream during hot days,"

says Julie Cusson, a makeup artist for Chanel. Apply waterproof formulas with a light hand – especially when it comes to eyeliner and mascara – to avoid the dreaded mid-day raccoon eyes. To control a too-shiny complexion, Cusson says to wear a satin or velvet lipstick instead of a gloss.

produced by MEGAN KIRKWOOD photography by GEOFFREY ROSS

BUY A COFFEE AND HELP SEND EVEN MORE KIDS TO CAMP.

CAMP DAY — WEDNESDAY, JUNE 3

This Camp Day, every coffee you buy from participating Tim Hortons restaurants will help send economically disadvantaged kids to one of our seven Foundation camps across Canada and the U.S. for the experience of a lifetime. Restaurant owners will donate 100% of the proceeds from every coffee sold to help give more kids an amazing opportunity.

7 camps.
18,000 campers a year.
Over 200,000 kids so far.

For more information, visit sendakidtocomp.com



BEST SCORE!

Self-tanners

Bronzing formulas have come a long way in recent seasons. The latest and greatest have been taking on double duty, with high-tech ingredients that offer up similar benefits to your favourite skincare products – all without that telltale smell.

BEST FOR TONIGHT

This velvety tinted mousse with aloe and argan and bergamot oils goes on evenly and lets you customize your preferred shade of bronze. You can wash it off in an hour for a shade of sun-kissed gold, or wait for up to three hours for a rich tan.



KARORA EXPRESS BRONZING MOUSSE, \$40

BEST FOR TOMORROW

This creamy formula gives skin a natural radiance. Plant botanicals, such as grapefruit wax, avocado oil and green tea extract help conceal imperfections and add a toned and tightened effect.



PRTTY PEAUSHUN

IN MEDIUM, \$45

BEST FOR THE WEEKEND

A silky serum with a pretty shimmer and lemon and apricot kernel oils, this easy-to-blend fluid dries quickly and has buildable colour. Apply a light layer once a day for three days for believable colour that will last up to two weeks.



L'ORÉAL PARIS SUBLIME BRONZE SELF-TANNING SERUM, \$18

best » LOOKS

GOOD TIMING

Inspired by the hardy immortelle flower that is grown organically in the heart of Corsica, L'Occitane has created the 28-Day Divine Renewal Program, \$128. A targeted treatment that contains nightly, single-use doses of the superior immortelle essential oil, these sunny-coloured elixirs are custom blended with multiple actives to treat your complexion based on the cycle of your skin's monthly cell turnover. For example, the serum for week one (during your period and when skin is driest) helps to gently exfoliate



with the help of mastic oil, while week three (when skin is its oiliest) works to create balance with myrtle and rosemary extracts. Consider the regimen a holiday in a box for when your skin is just dying to get away.

WANT IT! *what's trending now*



HOT LIST

Creams of the Crop

This batch of dream creams contains the latest in exotic textures and ingredients with a host of benefits, from all-day hydration to energy-infused skin cells to rapid repair for damaged skin.

1 Maintain a healthy, youthful glow thanks to three forms of hyaluronate (which absorbs 1,000 times its weight in water) and fine-line and pore-refining citric, glycolic and mandelic acids. **PHILOSOPHY RENEwed HOPE IN A JAR**, \$59

2 Inspired by the Japanese quest for complexion perfection, this cream contains anti-inflammatory adenosine to target fine lines and wrinkles and has a unique "bouncy" texture made popular in the East. **SHU UEMURA TSUYA SKIN BOUNCY-FINE CREAM**, \$90

3 Avoid the afternoon slump with this all-day moisturizing formula that contains mattifying, optical-blurring particles for smooth, fresh-looking skin and fatigue-fighting caffeine, glycerine and

antioxidants. **VICHY LIFTACTIVE SUPREME (NORMAL TO COMBINATION SKIN)**, \$50

4 This ultra-luxury cream contains ground black truffle – a rare culinary ingredient from the southwest of France – combined with anti-aging peptides, algae and vitamin C to repair and energize skin cells. **ESTÉE LAUDER RE-NUTRIV ULTIMATE DIAMOND TRANSFORMATIVE ENERGY CRÈME**, \$385

5 Suitable for even injured skin, this healing cream with 5 percent water-holding sodium hyaluronate and soothing oat extract, aloe and almond oil goes on like air and helps to calm severely stressed-out skin. **SKYN ICELAND PURE CLOUD CREAM**, \$72

NEW

Gillette®
Venus®
Swirl™



FOR A FLAWLESS SHAVE.



THE FIRST & ONLY WITH
FLEXIBALL™

THROW YOUR
CONTOURS A CURVEBALL.

5 CONTOUR™ BLADES,
6X MORE FLEXIBILITY*



vs. 3-bladed Venus Original

great legs &

Available at *Loblaws* Superstore* REAL CANADIAN
big on fresh, low on price!

*R/TM Trademarks of Loblaws Inc. Used with permission. All rights reserved.



MATCH POINTS

Quit the hem-and-haw routine in the nail aisle with the help of **Formula X The Match**, \$19, custom-created mini nail wardrobes with colours for every skin-tone, including **Fair to Light**, **Light to Medium**, and **Medium to Dark**. Four travel handy bottles come in each collection (which amounts to one standard-sized bottle), including neutral hues, classic reds and hits of trendy colour – which means the only guessing game left will be which perfect shade to paint on first.



- 1 SILENT NUDE BLUSH, \$35
- 2 OUTER LIMITS SINGLE EYESHADOW, \$29
- 3 NEBULOUS LIPGLOSS, \$31
- 4 GLOW PINK LIPGLOSS, \$31

Some Like It Pop

After an ongoing collaboration with François Nars during his London Fashion Week presentations, Scottish designer Christopher Kane has designed his own limited-edition collection for the brand that is sure to inspire sold-out banners everywhere. A full selection of

10 products, the range explores the balance between Kane's signature bright neons and easy-to-wear flesh tones. Our must-have? The candy-coloured lip glosses, which create a subtle stain long after the shine has worn away.

LOVE IT!
beauty maven must-haves



CHARLOTTE TILBURY

WHERE THE MAGIC HAPPENS

Celebrity makeup artist Charlotte Tilbury, known for making up the faces of many A-listers – including Kate Moss, Sienna Miller and Penelope Cruz – is bringing her signature makeup and skincare line to Canada this June.

Inspired by friends who wanted the scoop on how to nick Gwyneth's perfectly posh skin or Penelope's pinky-nude lip, she created 10 makeup kits, including the Golden Goddess and Uptown Girl. Lucky for us, she's also introduced her trademark skincare, which she's been mixing by hand backstage at fashion week for over 20 years. It includes **Charlotte's Magic Cream**, \$125, which contains organic aloe, rose hip oil and vitamins

A, C and E for a post-facial-like complexion, and **Wonder Glow**, \$65, an all-in-one skin and makeup concoction with a peptide complex and hyaluronic acid (which she's dubbed "Gisele in a tube") for an effortless, lit-from-within golden glow – Brazilian passport not required.



NUMB

OR



REPAIR

Ordinary Sensitivity Toothpaste

Colgate* Sensitive Pro-Relief^{TMNC}

SENSITIVE TEETH? THERE'S A BETTER CHOICE.[†]

Seals exposed nerves to help repair sensitive teeth.⁺⁺



Colgate®

STOP NUMBING. START REPAIRING SENSITIVE TEETH.

[†]Superior sensitivity relief vs. ordinary sensitivity toothpaste containing 5% potassium nitrate (equivalent to 2% potassium ion). ⁺⁺With regular use. Toothpaste also fights cavities. Colgate-Palmolive Canada Inc. *TM Reg'd/M.D.

IPAD
EXTRA

HOW TO GET BROWS THAT WOW
WITH STILA COSMETICS

5 FABULOUS WAYS TO GET **SUMMER SKIN**

What goes better with sun-kissed skin than an impossibly gorgeous glow?

Make the most of your summer style and get a lit-from-within air with the best bronzers, shimmery shadows, fresh scents, hair highlighters and last, but not least, the perfect lip gloss. The countdown to warmer, look-and-feel-good weather is on.

by MEGAN KIRKWOOD
photo by GENEVIÈVE CHARBONNEAU
still life photography by GEOFFREY ROSS





MATTE VERSUS SHIMMER

A flat, matte bronzer will give you a natural, shine-free finish, which is especially beneficial to those that tend to be extra oil-prone in the warmer months. However, that doesn't mean you have to be afraid of a little shine. "Shimmer reflects light in the same way that natural, dewy skin would – as long as it's not too glittery – giving you a natural-looking, sun-kissed glow," says Caitlin Callahan, senior artist for M.A.C cosmetics.

5 GOLD MINES

THE BEST WAY TO FAKE A FAUX GLOW is with a high-quality, finely milled bronzing powder. The secret to looking naturally tanned is to apply the powder where the sun would naturally hit your face. "Using a slanted powder brush, start at your temples and sweep along the side of your face and under your cheekbones. With the leftover pigment on the brush, sweep it lightly across your forehead, the bridge of your nose and your chin for a light kiss of warmth," says Carmindy, a New York-based makeup artist and author of the new beauty book *Bloom*. Still feeling unsure? Cheat your way to an I-holiday-in-the-islands look with the help of a large contoured brush that naturally fills in the planes of your face – just be sure to dust



1 GUERLAIN TERRACOTTA JOLI TEINT NATURAL HEALTHY GLOW DUO, \$60 2 ELIZABETH ARDEN SUNKISSED PEARLS BRONZER AND HIGHLIGHTER, \$48 3 CHANEL CRÉATION EXCLUSIVE LUMIÈRE D'ÉTÉ, \$76 4 M.A.C HIGH-LIGHT POWDER IN FRESHEN UP, \$41 5 LISE WATIER RIVAGES BRONZING POWDER, \$39

the protruding point of the brush only for best results.

Pick the most flattering shade by looking for a bronzer within two shades of your current colour and with a similar undertone to your skin. "Bronzers can be red or yellow in undertone," says Caitlin Callahan, senior artist for M.A.C Cosmetics. "If you have a neutral or cool skin tone, look for golden, yellow-based bronzers. Really bronze powders tend to be redder and complement a warmer complexion."

Remember to also blend the colour onto your neck, shoulders and décolletage for an even look (especially in photos). Just be sure to line your neck and sleeve holes with tissues first if you're sporting a light-coloured top or dress.

SEE BLUE

Blue is one of the hottest colours of the season, but its retro vibe turns some people off – especially those who used it the first time around. (Hello, last century!) If you're wary, steer clear of lighter hues that have a frosty feel and instead opt for super-saturated colours in shades of turquoise, cobalt and navy for a sea glass effect.

4

STARE ENHancers

Warmer weather usually translates to pared-down make-up, but that doesn't mean you can ignore your peepers. Look for shimmery formulas that highlight your lids and help bounce the light around your eye area for a flattering, wide-awake look. "Stay monochromatic and use shades like bronze or rose gold for a natural look, or go bold with complementary colours like green or cobalt, to make your bronzed skin stand out even more," says Callahan.



1 FLOWER COLOR PLAY CRÈME EYESHADOW IN AWESOME BLOSSOM, \$9 2 THE BODY SHOP SHIMMER CUBES #32, \$22 3 SEPHORA COLLECTION COLORFUL DUO REFLECTS EYESHADOW IN MERMAID TAIL, \$16 4 MAKE UP FOR EVER ARTIST SHADOW IN S-404, \$24

To really make a statement, try drawing attention to your eyes with golden yellow, peach or coral shadow. "These colours enhance bronzed skin, and make their own summery statement," says Callahan. For the best application, Carmindy says to simply use your fingertip to lightly dab the shadow across your eyelid for a subtle wash of shimmer.

HIGH
PROTECTION
Last summer

HIGH
PROTECTION
This season

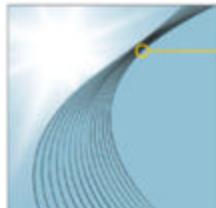
*Source: Drugstore Canada and The Medical Post 2013 surveys on OTC sampling and recommendations.

HIGH PROTECTION bare-skin feel

NEW



NEW SPF 50+ Ultra Light Advanced



PATENTED MEXORYL TECHNOLOGY

- Broad spectrum **UVA + UVB** protection
- Ultra-fluid, fragrance-free formula spreads easily and quickly absorbs
- Water-resistant + Hypoallergenic

GET ALL THE SUN FACTS AT GARNIER.CA



BY CANADIAN
PHARMACISTS
& PHYSICIANS

GARNIER®
OMBRELLE
THE SUN MADE SAFER



WHAT'S THE ONE
BEAUTY PRODUCT
YOU CAN'T LIVE
WITHOUT? TWEET US
@BESTHEALTHMAG

3 EAU SO FRESH

Lighten up your mood with a refreshing scent that will put a little pep in your step. Not sure which fragrance is for you? Take our quiz.

What is your favourite summer outfit?

- [A] A breezy white sundress
- [B] A floral-print caftan and bejewelled sandals
- [C] A chic short suit with sleeveless blazer

It's a sweltering Saturday night. Your go-to drink is:

- [A] A crisp glass of rosé
- [B] A refreshing pitcher of fruity sangria (to share!)
- [C] A gin and tonic – don't forget the lime



You only have one week off this summer. You'd love to jet off to:

- [A] A little beach on the Med, complete with delicious, picturesque dinners by the sea
- [B] Bali, for a revitalizing retreat of yoga and secluded meditation
- [C] A museum and gallery-hopping tour of scenic Berlin

When you treat yourself to fresh-cut flowers, you usually choose:

- [A] Roses, peonies or hydrangeas – it's always so hard to choose
- [B] Bright orchids or birds of paradise – something exotic and colourful
- [C] Everything and anything white

MOSTLY A'S?

YOU'LL LOVE...

Dolce & Gabbana Dolce Floral Drops Eau de Toilette, \$98 for 50 mL

This white floral scent has a refreshing twist thanks to top notes of neroli leaves and papaya flower.

MOSTLY B'S?

YOU'LL LOVE...

Guerlain Aqua Allegoria Teazzurra Eau de Toilette, \$70 for 75 mL

This revitalizing fragrance sparkles with the freshness of chilled green tea, bergamot and exotic yuzu fruit.

MOSTLY C'S?

YOU'LL LOVE...

Atelier Cologne Collection Azur Mandarine Glaciale Cologne Absolue, \$90 for 30 mL

This unique scent is light and citrusy yet unexpectedly sophisticated with notes of mandarin, ginger and vetiver.

For radiant skin in record time.

NEUTROGENA® Rapid Tone Repair[†]

Visibly radiant skin in just **ONE WEEK**.

Clinically proven to brighten and even skin tone while fading the look of dark spots. And with our fastest retinol formula with vitamin C, it starts working immediately. So you're just a week away from younger-looking skin.

From the #1 Dermatologist Recommended Brand*.

neutrogena.ca



© Johnson & Johnson Inc. 2014

[†] NEUTROGENA® brand's first product marketed for improvement of skin tone and dark spots in a week.

* Adult skincare brand in North America, excl. Mexico.

Neutrogena®
#1 DERMATOLOGIST RECOMMENDED*

1 PANTENE EXPERT FADE DEFY VIBRANT COLOR MAGNIFYING GLOSS, \$10 **2 GARNIER COLOR STYLER IN BRONZE ATTITUDE, \$11**



BUXOM FULL-ON LIP CRÈME IN BELLINI, \$23



HAIR HIGHLIGHTERS

Add sexy shine and treat your locks at the same time with a hair gloss that will help protect against sun and colour damage. Apply a nickel-size amount (a quarter for extra-long locks) to towel-dried hair to help seal and protect your hair cuticle before styling.

For some temporary sparkle, skip the salon and add easy-to-DIY temporary highlights. Apply a gold or bronze hair highlighter to half-inch pieces of hair around the crown of your head and your face to fake a week-in-the-sun halo effect that will wash out naturally.

LUSH LIPPY

Add some shine to your everyday lip look for a fresh and youthful effect. "A creamy lip gloss will capture light and make your lips look full and plump," says Carmindy. Look for a tingly formula with nourishing ingredients, such as hyaluronic acid and vitamins A and E, to leave your pucker refreshed, hydrated and protected in the heat. Shades like peach and coral are universally flattering and will play up your natural lip colour. *MT*

THE KISS OFF

Can you guess the owners of these A-list pouts?



1 SCARLETT JOHANSSON 2 TAYLOR SWIFT 3 JENNIFER LOPEZ 4 ANGELINA JOLIE 5 JESSICA ALBA 6 RIHANNA 7 REESE WITHERSPOON 8 EMMA STONE 9 MARGOT ROBBIE 10 JULIANNE MOORE



GREAT LEGS ARE ALWAYS IN STYLE

Make varicose veins a thing of the past.

Don't be one of those women who resorts to covering her legs with long skirts or nylons. Stop slathering on self-tanner to create the illusion of flawless legs. You needn't resort to these out-of-date measures. CircuVein is clinically proven to reduce the appearance of varicose veins and spider veins in just two months! CircuVein supports veins by reducing inflammation, improving circulation, and protecting and toning vascular blood vessels. Trust your gams to Flora, the company that has been providing premium herbal supplements since the 1960's.

Don't cover up your legs, flaunt them.

Available in natural health food stores, select grocery stores and pharmacies.



CLINICALLY
PROVEN



GLUTEN-FREE



VEGAN

Women's
Product



NPN 80028881



Aveeno
ACTIVE NATURALS®

Naturally Beautiful Results™

What goes with everything? Beautiful skin.

AVEENO® Daily Moisturizing Lotion provides 24-hour hydration for soft, beautiful skin that lasts. AVEENO® ACTIVE NATURALS® oat formula has 5 vital nutrients for healthier-looking skin – proteins, antioxidants, enzymes, vitamins and lipids. Because beautiful skin goes with everything.





GOOD to go

From top to toe, you'll be vacation-ready in just three weeks with our pretty-up primer

by KAREN ROBOCK

THERE'S A LOT TO DEAL WITH BEFORE A BIG holiday: loose ends to wrap up at the office, household chores to tackle and suitcases to pack, not to mention dealing with dry legs and unkempt toes. It can seem like a lot, but don't stress. We can't help you move those meetings off your calendar, but we can walk you through this work back schedule that's guaranteed to get you looking fabulous by the time your first day of vacay rolls around.

three weeks before

BUFF UP

A few weeks prior to your trip, step up your skin-buffing routine by adding an exfoliating body wash during your shower or using a bath mitt, glove or loofah with your usual body cleanser. Sugar or salt scrubs are another way to slough off dry, dead skin. Exfoliate two to three times a week, massaging skin with a gentle circular motion. If you notice redness or irritation, use a gentler touch and scale back the buffing.

For the softest skin, lock in moisture post-body scrub. When you step out of the shower, pat skin dry and immediately apply moisturizer. Products that contain ingredients like jojoba and shea butters provide lasting hydration. And don't forget to apply sunscreen on exposed skin, too. When you're actually on holiday – and spending the day in your swimsuit at the pool or dockside – you can combine these two steps. "A good-quality sunscreen can double as a body lotion," says Dr. Manish Khanna, consulting dermatologist for Garnier Ombrelle. During the summer months, most complexions don't require as much heavy-duty moisture, and it'll save space in your bag, too.



best tip

NOW IS THE TIME TO TEST NEW PRODUCTS.

"IT'S NOT A GOOD IDEA TO TAKE A WHOLE NEW SKINCARE ROUTINE AWAY WITH YOU," SAYS DR. KHANNA. INTRODUCE PRODUCTS ONE AT A TIME TO ENSURE THAT YOU DON'T HAVE ANY ADVERSE REACTIONS.

* TO TRY WAXON ON THE ROCKS JAPANESE PEPPERMINT & EUCALYPTUS, \$30; MERBEN 9" JUTE BODY BRUSH, \$28
NOT SHOWN: WELEDA BIRCH BODY SCRUB, \$15; OMBRELLE ULTRA LIGHT ADVANCED SPF 50 WEIGHTLESS BODY LOTION, \$20

2



* TO TRY JERGENS COLOUR PRIMER, \$13; CLARINS INSTANT SMOOTH GOLDEN GLOW SELF-TANNING, \$36; VITA LIBERATA PHENOMENAL 2-3 WEEK LUXURY TAN, \$65; JERGENS NATURAL GLOW 3 DAYS TO GLOW MOISTURIZER, \$13

best tip

LOOKING FOR A TIMESAVER? TRY ST. TROPEZ IN-SHOWER (YES, YOU READ THAT RIGHT!) TANNING LOTION, \$31. YOU SIMPLY SOAP UP AND RINSE OFF AS USUAL AND, WHILE SKIN IS STILL WET, APPLY TANNING LOTION. LEAVE ON FOR THREE MINUTES AND WASH OFF. DONE!

two weeks before

BUILD A FAUX GLOW

Nothing says summer like golden skin, but we all know that excess sun exposure is a no-no. To get a healthy glow, opt for a self-tanner. For the most foolproof results, use a gradual formulation that slowly builds colour over the course of several applications.

Gradual self-tanners are user-friendly these days, but they still need to be applied with care. Since the colour will sink into dry skin, leaving behind dark streaks, proper exfoliation is an essential first step. (See above for the scoop on body buffing. For your face, use a cleanser with salicylic or glycolic acid and a skin brush to buff away dead skin.)

If you've just showered, make sure skin is totally dry. Apply a lightweight moisturizer to areas that are most likely to get streaky: nose, knees, elbows and ankles. Now you're ready to apply self-tanner. Using small amounts, begin at your feet and work the formula into your skin with broad, even, circular strokes, finishing with your arms and the top of your hands.

Next, work a dime-size amount over your face, focusing on your forehead, nose, cheeks and chin –

THE WORLD'S FAVOURITE SUMMER DRESS & SHOE SHOP.

BRIGHTEN UP
YOUR SUMMER
WARDROBE AT
VALUE VILLAGE!

Value Village features every designer in the world all under one roof, at a fraction of regular retail prices! Not only will you find great deals, Value Village is committed to keeping 700 million pounds of reusable items out of landfills every year!

DONATING IS GOOD
FOR THE PLANET,
LOCAL NONPROFITS
AND YOU.

IT'S FAST
& EASY!
DROP OFF AT ANY STORE
OR SCHEDULE A FREE PICKUP
AT VALUEVILLAGE.COM



Value Village
Good n' Thrifty!

continued from page 44

areas where the sun naturally hits. If you aren't wearing gloves, wash your hands as soon as you're through.

Most gradual self-tanners require several applications over the course of a few days or even weeks. Once you've achieved your desired shade, maintain the glow with light applications every few days, according to package directions.

one week before

DE-FUZZ

Hair removal should be top of your to-do list in the week before a beach vacation. "Smooth skin will just look and feel better," says Lexi Miles, founder of Waxon wax bars in Toronto and Halifax.

There are plenty of ways to get smooth skin, including salon laser removal treatments, but they require repeated visits and come with a hefty price tag. For consistently great results, we recommend these two tried-and-true methods.

WAXING

It will keep you hair-free for the longest amount of time – roughly three to five weeks – and guarantee smooth results. If you're heading to the salon to de-fuzz, make sure your skin is prepped.

"Ideally, you should exfoliate the area thoroughly the night before or the morning of your appointment," says Miles. This primes skin for hair removal, reducing the chance of bumps and skin irritation post-treatment.

For best post-wax results, apply a cool compress to close pores and prevent bacteria buildup, which can lead to bumps, especially in sensitive areas like the bikini line. A cooling aloe vera gel can also soothe skin. To prevent ingrown hairs, exfoliate every few days.

If you're waxing at home, you'll also need to prep your skin by exfoliating. Use a hair remover strip kit for the



Do you need a "vajacial"? At least one Toronto spa is now offering a facial-like skin treatment – for the bikini line. Vajacials are performed 10 to 20 days post-wax, when hair is just beginning to appear beneath the surface. The area is cleansed, exfoliated and treated to a special mask designed to treat and prevent ingrown hairs. The process also helps to smooth bumps, diminish discoloration and shrink enlarged pores. Find out more at fuzzwaxbar.com.



* **TO TRY** PRINCE REIGNS INGROWN HAIR SERUM, \$30; SIBU BEAUTY SEA BUCKTHORN MIRACLE STICK, \$20
NOT SHOWN: GILLETTE VENUS SWIRL RAZOR, \$20 (INCLUDES RAZOR AND TWO REFILLS); NAIR MOROCCAN ARGAN OIL ULTIMATE ROLL-ON BODY WAX, \$19

easiest DIY experience – it takes a lot of the mess out of the application process. But don't do your bikini line yourself: It's tricky to get the right angle to rip the wax off and you risk painful bruising.

SHAVING

We know, you've been doing it for decades, but a quick refresher on best practices will ensure great results. For starters, hop in the bath or shower – hair that's hydrated is 60 percent easier to cut. But, don't soak for too long – a long bath can cause skin to wrinkle and swell, making it tougher to get a close shave. Use a new blade (they should be replaced every five to 10 shaves) and a rich shave gel or cream. Move in the direction that feels best for you, using light pressure and a soft touch. Save the tricky spots, like around your knees and ankles, until last, giving the shaving cream time to work its softening magic to prevent knicks.

Road Trips
JUST GOT
HAPPIER!



**HOJO - Your Summer
Road Trip Partner!**

- More than 50 locations throughout Canada
- Free complimentary breakfast*
- Free Wi-Fi
- Kids under 17 stay free
- Bring Fido at some locations!

GO HAPPY. GO HOJO.
Howard Johnson

a few days before

GET POLISHED

Your nails definitely deserve some attention before a big vacation. Whether you're heading to a nail bar or going DIY, a manicure and pedicure are musts.

PEDICURE

"It's a great time to get your feet properly exfoliated and polished before exposing them in the cute sandals you've been dying to wear," says Kristen Wood, CEO of the Ten Spot beauty bars in Toronto. If you're doing your own toes, follow the same steps they'd take at the salon: Begin by soaking your feet to soften calluses and rough patches, then use a foot file to smooth them over. Cut and file nails as needed, push back cuticles, exfoliate feet and moisturize. For the best polish application, "Clean the nail plate with polish remover to get rid of any oils first," advises Wood. Use base and top coats, and apply two coats of colour for the richest-looking finish.

Not sure which shade to choose? "Bright pinks and corals have been all the rage going into summer, but teal and plum are also popular," says Wood.

MANICURE

Follow the same routine to clean up your fingernails, using a matching or complementary shade of polish. If you're going to be away for a week or two, keep in mind that lighter shades wear better because chips won't stand out.



* TO TRY CRABTREE & EVELYN SPRING BLOOM NAIL LACQUERS, \$6 EACH; IMPRESS ACCENT PRESS-ON MANICURE BY BROADWAY NAILS IN BOOGIE DOWN, \$11 NOT SHOWN: SECHE BASE RIDGE FILLING BASE COAT, \$13

best tip

NO TIME TO SOAK AND SCRUB CALLOUSES? WE'RE LOVING THE AMOPÉ PEDIPERFECT ELECTRONIC FOOT FILE, \$50. ON DRY FEET, YOU SIMPLY ROLL THE FILE OVER ROUGH SPOTS AND IT GENTLY SMOOTHES SKIN.

If you're leaving the polishing to a pro, consider some nail art that will disguise imperfections.

"A negative space half-moon is a great option for vacations because the regrowth will be less obvious," says Wood. For a longer-lasting mani, consider a gel polish (using an at-home kit or done at the salon), which will stay put for one to two weeks.



one day before

PACK YOUR BEAUTY ESSENTIALS

Having a stash of the right products – in plane-friendly sizes – will make the trip so much more pleasant (and pretty). You'll be able to tame messy hair, revive dry skin and touch up makeup all before you touch down. (And don't forget to pack your travel-sized mouthwash for close encounters of the vacation kind.) Bon voyage! *dh*

- 1 SEPHORA MINI TIDY DETANGLING COMB, \$8
- 2 ROCOCO NAIL APPAREL NAIL POLISH REMOVER TISSUES, \$12
- 3 JOE FRESH HAND CREAM, \$6
- 4 BURT'S BEES FACIAL CLEANSING TOWELETTES WITH WHITE TEA EXTRACT, \$4 (10 PACK)
- 5 COLAB DRY SHAMPOO RIO TROPICAL, \$6 (50 ML)
- 6 SMASHBOX L.A. LIGHTS BLENDABLE LIP & CHEEK COLOR STICK IN SILVER LAKE SUNSET, \$36
- 7 AVÈNE THERMAL SPRING WATER, \$10
- 8 L' OCCITANE PIVOINE SUBLIME LIP BALM, \$20
- 9 GARNIER BB EYE MIRACLE SKIN PERFECTOR EYE ROLLER, \$20
- 10 QUO FACIAL BLOTTING PAPERS, \$6

DON'T IGNORE RECEDING GUMS — PREVENT AND TREAT IT NOW —

**RECEDING GUMS ISN'T A HARMLESS COSMETIC PROBLEM.
IT IS OFTEN A WARNING SIGN OF EARLY GUM DISEASE.**

Your gums protect the roots of your teeth. When they recede, it's often a sign of early gum disease. Learn how to recognize the signs of receding gums. By improving your oral care routine, you can help maintain your gums, and prevent gum recession and gum disease before it gets worse.

WHAT IT COULD LOOK LIKE



PAINFUL, SENSITIVE TEETH

Especially with cold, hot, or acidic food and drinks.



VISIBLE TOOTH ROOTS

More of the crown is visible and your teeth look longer.



BIGGER SPACES

The spaces between the teeth seem bigger.



COLOUR CHANGE

You can see a yellowish root below the whiter crown.



INFLAMED GUMS

Gums that are red, puffy, shiny, sore, or sensitive.



ROOT DECAY

Cavities below the gum line.

LISTERINE TOTAL CARE® FOR SENSITIVE TEETH® can reverse early gum disease in just 2 weeks*, plus is clinically proven to reduce tooth sensitivity. All you have to do is rinse twice a day for 30 seconds (along with twice daily brushing) for an overall healthier mouth. That's something to smile about!

— TAKE THE —
**LISTERINE®
CHALLENGE**

**REVERSE EARLY GUM
DISEASE IN 2 WEEKS®
AND YOU COULD WIN \$20,000***
REGISTER TODAY AT LISTERINECHALLENGE.CA



*with twice daily brushing. Consult with dentist if gingivitis symptoms persist or worsen. Always read and follow label.

[†]No purchase necessary, please see full contest rules and regulations for details. Contest closes July 1st, 2015. © Johnson and Johnson Inc. 2015



Burn easily? Get extra sun protection via a stylish rash guard vest or tee – they're not just for surfers anymore!

ENHANCE A SMALL CHEST

Deliver a strategic set-up. A bandeau top in a lighter shade guarantees to boost a petite bust, while darker bottoms help achieve full-body balance.

BIKINI TOP, JOE FRESH, \$16; ZIP CROP TOP, SEAFOLLY, \$127; POLO RALPH LAUREN BIKINI BOTTOM, SPORTING LIFE, \$142 (FOR FULL SET); VISOR, HUNTER, \$50

HAUTE WATER

produced by INGRIE WILLIAMS

photography by GENEVIÈVE CHARBONNEAU



BALANCE A HEAVY BOTTOM

The trick to minimizing a pear shape is to add vibrant, colour-blocking up top as it draws the eye (and interest) upward.

BIKINI TOP, FREYA, \$67; SPEEDO GOGGLES, SPORTING LIFE, \$21

TRIM A TUMMY

Designed to catch eyes as much as it tricks them, vertical side panels and a graphic print pack a one-two, belly-slimming punch. The mixed stripes on the bustier top draw the gaze up, highlighting shoulders and décolleté.

SWIMSUIT, WINNERS, \$30; RAY-BAN SUNGLASSES, HOLT RENFREW, \$200





MINIMIZE A LARGE BUST

Why, yes, the girls can have it all! The criss-cross pattern adds dimension, and the underwire design doesn't compromise support. Bright bottoms make for a fresh-looking finish.

BIKINI TOP, \$55, BOTTOMS,
\$40, LOLÉ; NIKE VISOR,
SPORTING LIFE, \$25

SHRINK A LONG TORSO

Aided by thick shoulder straps, wide mesh bands that run across the body are the chicest way to shorten the distance between Point A (your rib cage) and Point B (your hips). In a juicy shade, the V-neckline combined with peekaboo effect makes it clear that a one-piece can be plenty sexy.

SWIMSUIT, SHAN, \$295





CREATE CURVES

Dipping low at the neckline, nipping in along the waist and revealing a toned back, a cut-out suit instantly transforms boyish to bombshell.

SWIMSUIT, WINNERS, \$40; WATCH,
MARC BY MARC JACOBS, \$180;
SANDALS, TEVA, \$60



**ELONGATE
A SHORT
MIDSECTION**

Do not adjust your page!

Bright bars of colour lined up across the body, accented with bands that encircle hips, will stretch you out faster than a Pilates machine.

SWIMSUIT, SEAFOLLY, \$210;
WATCH, ADIDAS, \$95

'HAIR CARE'S MOST AWARDED, COLLECTION*''



**BEAUTY EDITORS
CAN'T GET ENOUGH
OF PANTENE'S EXPERT COLLECTION**

Pantene's Expert Collection not only helps restore smoothness and shine, but helps erase damage in just one wash.

PANTENE EXPERT



*Magazine Awards in 2014 from top Canadian Publications with award programs.



FLAUNT AN HOURGLASS FIGURE

It doesn't take much to make evenly proportioned curves shine. Think simple yet striking. This striped maillot is tailor made for a classically feminine figure.

SWIMSUIT, \$40, AND TOTE BAG, \$25,
OLD NAVY; SANDALS, MICHAEL BY
MICHAEL KORS, \$128



PROTECT YOUR PEEPERS FROM UV RAYS

THAT'S A WRAP

To achieve total bathing beauty status, consider a few sunny-day necessities

1 FRAME GAME

Be they sporty, retro or glam, a pair of stylish sunglasses can change your look in a flash.

FROM TOP: BOB SDRUNK, HOLT RENFREW, \$265;
LE WEEKEND BY VIRGINIA JOHNSON, \$20; KATE SPADE, \$195

2 LADY IN GOLD

Earning top marks for versatility and femininity, a classic sarong will never let you down. GAP, \$40

3 AHEAD OF THE GAME

The best portable shade device around, a statement-making wide-brimmed hat is worth the investment for your skin and style. ETRO, HOLT RENFREW, \$295

4 RED ALERT

Hello, insta-outfit! A breathtaking colour and relaxed fit are all rolled up into this one-piece wonder. ARITZIA, \$65

5 WHITE HOT

Finished with eyelet detailing in front and back, plus a woven drawstring belt, this pretty top bridges the gap between traditional white shirt and boho caftan. FRENCH CONNECTION, \$128

6 GET IN LINE

Lightweight, wide-leg pants offer coverage for your bottom half that won't skimp on style. A pair with a simple graphic (like these stripes) is guaranteed to go with any swimsuit - from neutral to bright, floral or even geometric. WINNERS, \$20



Official Partner of the NHL®

STICK IT TO SENSITIVITY

WITH CREST SENSI TOOTHPASTE



Crest Sensi-Repair & Prevent toothpaste is scientifically proven to help repair sensitive teeth. For a gentle routine, try the Crest Sensi brush and rinse today – and really **sink your teeth into the game.**

www.crest.com/en-CA/

life opens up with a healthy mouth



NHL and the NHL Shield are registered trademarks of the National Hockey League. © NHL 2015. All Rights Reserved.
Crest Sensi-Care Rinse is a gentle formula that fights cavities. Always read and follow the label.
Crest Sensi-Repair & Prevent Toothpaste fights cavities, plaque, tartar, gingivitis and tooth sensitivity.
Oral-B Sensi-Soft Toothbrush provides gentle brushing.

© Procter & Gamble, Inc. 2015 ORAL-I8075

GROUND work

What could make the sunny season even more enjoyable? A closet of to-die-for sandals never hurts. From perfectly casual to dressed to kill, there's likely to be more than one pair calling your name. With a calendar of long weekends, special events and, oh yeah, work, trust us when we say you might just need them all. Cue the pedicures!

by INGRIE WILLIAMS

photography by
LUIS ALBUQUERQUE



*this will
be mine...
TODAY*

CHUNKY-SOLED SLIDES LEAD THE CHARGE AS THE MUST-HAVE SANDALS. A LITTLE EMBELLISHMENT, LIKE A METALLIC FINISH, GOES A LONG WAY TO NUDGING THE UNISEX STYLE INTO MORE FEMININE TERRITORY.
JOE FRESH, \$24

*on my list for...
PAYDAY*

DELICATELY ACCENTED WITH A SNAKESKIN PRINT AND FLASHY LOW HEEL, THE SLEEK ANKLE-HIGH FIT WILL WORK EFFORTLESSLY WITH EVERYTHING FROM DENIM SHORTS TO CRISP CULOTTES TO AIRY A-LINE DRESSES. **SAM EDELMAN "DENVER," \$195**

*saving for...
SOMEDAY*

SWINGING SUEDE FRINGE PUTS A '70S-INSPIRED TWIST ON A SEXY, MINIMALIST DESIGN. AND THE INKY SHADE MEANS YOU CAN TREAD THESE DEEP INTO FALL, NO QUESTIONS ASKED. **STUART WEITZMAN "LOVEFRINGE," \$498**

[WEB
BONUS]

VISIT BESTHEALTHMAG.CA/SUMMER-SANDALS



SEE SHOPPING GUIDE
FOR BUYING INFORMATION

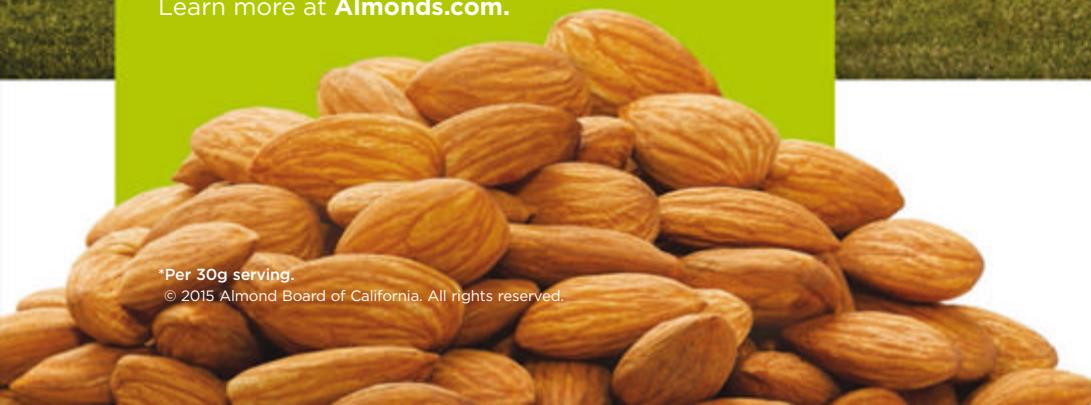
ENERGY TO TAKE OUT THE BOYS



There's girl power in the crunch of almonds.

With 6g of protein and 4g of fibre*, almonds are an energy-giving snack ready whenever you need it most.

Learn more at Almonds.com.



*Per 30g serving.

© 2015 Almond Board of California. All rights reserved.

california
almonds™
CRUNCH ON



FAB four

Want the inside track on how Pan Am athletes tackle their health priorities? Associate editor *Jannen Belbeck* jumps in for a behind-the-scenes look at the routines, priorities and challenges of Canada's top diving contenders.

What does a typical training week look like?

RF: We dive Monday to Friday (approximately five hours a day), with weekends off to recuperate. Twice a week, we do weight training and cardio. Time is an issue with my schedule, so I've cut out yoga, but we've done flexibility and stretching with a teacher as well.

PW: When we're at the pool, we're not in the water all the time. At least two hours are dedicated to other things, like abs, strength training and trampoline.

How do you maximize nutrition for best health?

MB: We don't eat very much junk food. Once you learn how to eat properly and then eat something bad, it just doesn't sit well.

RF: Eating well has become a part of performing well. When you're well educated, you enjoy picking out the good foods.

MB: Cheat days are needed to keep a good balance.

PW: We all work with our nutritionist to decide what's best for us individually. For me, I needed to add more protein to my diet. But I'm picky with meat, so I'm trying to integrate more protein in other ways.

How does chlorine affect your hair, skin and nails?

JA: I've worn a bathing cap for the past couple of years and I can see a big difference in my hair. Now it grows quicker and looks nicer.

Chlorine is horrible for your skin. It makes it really dry and irritable. The best thing you can do is to moisturize often with a thick cream.

MB: I started diving with a bathing cap last year, which really helps keep my hair healthier and less tangled. And nail polish only lasts half a day in the pool.

What was your best moment in competition?

JA: My medal at the 2012 Olympic Games. Diving is an individual sport, so when you get up on the podium with a personal best and medal, it's very fulfilling because you did it by yourself.

RF: My best moment was definitely the 2012 Olympics. It wasn't the performance itself but rather seeing my parents and their reactions after winning the medal. They were just so happy!

Any advice for new divers or young people in sport?

PW: Never give up, no matter how hard it gets. Because it gets hard! Just push through and believe in yourself.

JA: People think it gets easier with time, but it actually gets harder. Believe in your own capacity. You have to make a sacrifice, but all the choices you made have a purpose.

This interview has been edited for length and clarity.

YOUR OWN PAN AM EXPERIENCE!

The Pan Am Path is an 84-kilometre route spanning the GTA from east to west. It's a public space where residents and visitors to the Toronto 2015 Pan Am/Parapan Am Games can walk, run, cycle and wheel, enjoying the fresh air, a bit of nature and even some art. For 15 weeks this summer, from May 16 to August 15, the Pan Am Path will come alive with a vibrant city-wide festival of art installations, performances and community events. How cool is that?

**TWO TRACKS.
ONE GOAL.**



From the TORONTO 2015 Pan Am/Parapan Am Games to Rio 2016, CBC Sports will be there to capture our athletes' quest for gold.



TORONTO 2015
Pan Am/Parapan Am



Peanut butter and jelly



Summer and baseball



Batman and Robin



Canada Day and fireworks



Reader's Digest and Sweepstakes

Things that are always
better together.

Reader's
digest

To find out more, please visit us at
readersdigest.ca/sweeps

Sizzling – that's the hot-weather look we're all going for, especially since we'll be out and about more than usual what with the FIFA Women's World Cup and Pan Am/Parapan Am Games descending upon us. To help you manage this healthy summer look, the *Best Health* editors share their top picks for luminous skin, melt-proof makeup and frizz-free hair. All you need to do is wave the flag. Go, Canada!

HELLO, *Summer!*

READY TO GET BEAUTIFIED?

Turn the page for our
summer picks from
Birchbox.ca and your
chance to win!





skin



EYE DO

Tired eyes from watching too many doubleheaders? Perk up your peepers with **Vasanti** Eye Wonder Triple Action Peptide Cream, \$42. This dreamy formula strengthens, plumps and brightens all at once.



BOOSTER JUICE

It's not your typical half-time energizer of orange slices, but **Paula's Choice** Resist C15 Super Booster, \$59, is a great choice for tired skin. The potent dose of vitamin C helps fade dark spots and diminish redness, while additional vitamins repair signs of aging.



FACE TIME

The **Mereadesso** Tinted All-in-One Moisturizer, \$48, is your go-to product for a jam-packed itinerary. The aloe-based gel reinvigorates parched skin, while 20 antioxidants help fend off free radicals caused by UV rays.



MEDAL WINNER

We fell hard for this no-fail tanner: **St. Tropez** Self Tan Bronzing Mousse, \$40. The velvety texture creates streak-free colour, while aloe vera hydrates and conditions skin.



INTO THE MIST

Refresh and awaken exhausted skin with **Shea Terra Organics** Rose Water Ester-C Collagen Regeneration Facial Mist, \$21. This mist contains Moroccan rose water to hydrate skin and a patented Ester-C formula to rebuild collagen, preventing wrinkles.



SHINE MASTER

Just think: an oil that conditions tresses without making roots look greasy. **Number 4** Fluorog5 Elixir Restore & Repair Oil, \$30, contains sunflower seed and argan oils to strengthen hair, while fluorosilicones repel the scalp's natural oils for a lightweight shine. Best of all: It's vegan and free of sulfates and parabens.

MAKE WAVES

Big waves aren't just for the beach. **PARLOR** by Jeff Chastain Moisturizing Sea Salt Spray, \$27, has bottled the effects of salty sea spray for anywhere, anytime volume. Plus, ingredients like sweet almond and vitamin-rich algae keep your mop nourished all day.

CLEAN STREAK

This talc-free formula harnesses the power of natural rice starch to absorb dirt and excess oil for clean and refreshed tresses. **Amika** Perk Up Dry Shampoo, \$26.50, contains sea buckthorn berry oil, which is loaded with omega fatty acids, vitamins and antioxidants to repair damage and boost shine. Stow it in your bag for touch-ups between games.

STRAND BY ME

Frizz meets its match thanks to the taming argan oil in **Beauty Protector** Protect & Oil, \$30. Bonus: A few drops in the morning will shield strands from UV damage, whether you're taking in beach volleyball or just the beach.

MEET THE BAND

The athletic wear trend is still in full swing (thank goodness). That means chic yet comfy clothes – and a mane to match. Wrap a **Ban.Do** Twist Scarf, \$22, around a messy updo, pull it over big waves or use it to tame post-Pilates hair. Just don't be afraid to wear it outside of the gym!

ALL PRODUCTS AVAILABLE AT BIRCHBOX.CA

Efamol®

Why take it
this far?



Prevent wrinkles naturally

Efamol® Evening Primrose Oil naturally works with your body from the inside out to noticeably improve skin health and prevent wrinkles. It is clinically proven to improve skin moisture, elasticity and make skin firmer and smoother.

Efamol® Evening Primrose Oil is clinically proven to be safe, natural and effective.

Available in natural health food stores, select grocery stores and pharmacies.

PREMIUM HEALTH PRODUCTS | www.florahealth.com | 1-888-436-6697





WATER WORKS

Go ahead and cry tears of joy when your favourite team wins gold. **ModelCo** Fibre Lashextend Lengthening Mascara, \$27, not only delivers longer lashes – thanks to a formula that binds tiny fibres to your own lashes – but it's water resistant, too. Win-win.

PHOTO BALM

Make your pout insta-glam and perfectly hydrated with this tinted **Benefit** balm, \$22. A dynamic duo of mango butter and sodium hyaluronate combine to offer all-day hydration. Versions include: Benebalm, Chachabalm, Lollibalm and Posiebalm.



OH, GLOW ON!

Riddle me this: How can you get a sunlit glow while sitting in the shade? With **Jelly Pong Pong** Glow Getter Highlighter, \$16. This gel is 80 percent water, so it's super-lightweight and won't clog pores.



PLACE HOLDER

Let us introduce you to your new secret weapon in the war on shifty makeup. **W3LL People** Realist Satin Mineral Setting Powder, \$28, is an all-natural translucent powder that keeps makeup in its place while controlling oil, minimizing pores and smoothing out skin. Bring on the overtime.



PALETTE PLEASE

Looking for makeup that works as hard as you do? Your search is over. **Cynthia Rowley Beauty** The Game Face Eyeshadow Palette, \$46, includes 10 ultra-wearable shadows, plus a shadow brush and black eyeliner. Multi-tasking magic.

BEAUTY, DELIVERED TO YOUR DOOR

This July, Best Health joins forces with Birchbox, the beauty ecommerce company, to curate a box of beauty samples to help you have your healthiest, happiest summer yet. Every box includes five generous samples and may include some of the products you see here – editor-approved favourites from Benefit, Cynthia Rowley and Vasant. Not a subscriber yet? There's still time to get your hands on this exclusive collaboration! Sign up at birchbox.ca/besthealth before July 17 to reserve your box for just \$10/month plus \$4.95 shipping and handling.

win all this!

THREE LUCKY **BEST
HEALTH** READERS HAVE
THE CHANCE TO WIN
EVERYTHING SHOWN
HERE. THAT ADDS UP TO
OVER \$538 WORTH
OF PRODUCT!

TO ENTER AND FOR A FULL SET OF HEALTHY SUMMER BEAUTY FAVES RULES, GO TO BESTHEALTHMAG.CA/BIRCHBOX. CONTEST RUNS FROM JUNE 3 TO JULY 17, 2015.

PIN IT TO WIN contest

We've pinned our Birchbox faves on Pinterest ([BestHealthxBirchbox](#)) and now you can win them simply by pinning your faves! Here are the deets:

1. Follow us on Pinterest
2. Create a board using the name [BestHealthxBirchbox](#), and pin your five favourite products from [birchbox.ca](#).
3. Include the hashtag [#BestHealthxBirchbox](#) in the description for each one.

FOR A COMPLETE SET OF RULES AND MORE INFORMATION, PLEASE VISIT [BESTHEALTH.CA/BESTHEALTHXBIRCHBOX](#). PRIZE VALUE IS \$210 AND INCLUDES: 12 BENEFITS INSTANT HEALTHY HAIR TREATMENT, ACQA & CO. SHEER LIP TUBE, TOCCA MEET THE GIRLS FRAGRANCE COLLECTION, VASANTI COSMETICS BRIGHTUP! ENZYMATIC FACE REJUVENATOR, AND BEAUTYBLENDER BBF + MINI SOLID CLEANSER. CONTEST RUNS JUNE 3 TO JUNE 30, 2015.

ALL PRODUCTS AVAILABLE AT [BIRCHBOX.CA](#)



I'M WEARING NEW DEPEND® SILHOUETTE ACTIVE FIT*

It's slim and smooth, so wearing it is no big deal. Drop Your Pants to support the over 51 million women[†], like me, who may need a different kind of underwear.

Depend®



GET A FREE SAMPLE AT UNDERWARENESS.COM

[†]Based on a US survey.

©Registered Trademark and *Trademark of Kimberly-Clark Worldwide, Inc. © KCWW.



By Isabelle Neiderer,
Registered Dietitian for
Dairy Farmers of Canada
dairygoodness.ca



The Paleo Weigh In

Is eating the way our prehistoric ancestors ate a good way to lose weight? Or is it just another fad diet? Get the facts.



Food Restriction and Weight

Eating a balanced diet that includes nutritious foods from all four food groups is the best advice for maintaining health and weight loss. People who restrict foods too much are more likely to struggle with weight in the long term, and cutting out favourite foods completely can leave us obsessively craving them. It's more effective to make small, progressive dietary changes over time, and enjoy what we eat.

Perspective

The Paleolithic or Paleo diet maintains that we're genetically programmed to eat like our prehistoric ancestors supposedly did. It promotes hunter-gatherer foods like meat, fish, vegetables, fruit and nuts, while removing agriculture-dependent foods, including all grains, legumes, milk products, refined sugar and salt. Strengths: Encourages eating omega-3 rich fish, nuts, vegetables and fruit, and avoiding low-nutrient processed foods. Weaknesses: Excludes foods important to health and makes getting enough fibre, calcium and vitamin D among others challenging. It's also difficult to stick to.

We've Evolved Genetically

The Paleo diet is based on a flawed interpretation of anthropology rather than good science. For instance, archeological evidence from dental plaque analysis shows that humans did in fact consume grains such as barley quite some time before the dawn of agriculture. Our genetic makeup has also evolved since the Stone Age to adapt to the introduction of new foods. For example, many ancient European, African and Middle Eastern populations have evolved to tolerate milk's lactose, past childhood.

Missing Out?

While a higher protein diet like the Paleo diet can help with weight loss, it doesn't have to exclude legumes, whole grains and milk products. In fact, doing so is counterproductive. For instance, legumes provide many health benefits, whole grains are associated with a reduced risk of being overweight, and milk products, as part of a calorie-reduced diet, can lead to more effective weight loss. Milk products also provide satiating, high-quality protein.

SPICED CHIA PUDDING

Nutritious and satisfying—make this delicious, super-easy pudding the night before to enjoy the next day.

2 cups	milk	500 mL
¼ cup	honey	60 mL
⅛ tsp	each, ground ginger and cardamom	0.5 mL
¼ tsp	vanilla extract	1 mL
¼ tsp	ground cinnamon	1 mL
½ cup	black or white chia seeds	80 mL
½ cup	vanilla yogurt	80 mL
½ cup	strawberries or other fresh fruit of the season	125 mL

In a saucepan, heat milk, honey, vanilla and spices over medium heat until milk is steaming. Transfer mixture to a bowl and let sit for 10 minutes. Stir in chia seeds. Refrigerate 12 hours or more.

Mix in yogurt. Divide three quarters of the strawberries into four ¼ cup (175 mL) glass bowls. Scoop equal amounts of the chia pudding into each. Top with the remaining strawberries.

■ Makes 4 servings



best YOU

HEALTH + HAPPINESS

[WEB
BONUS] FOR MORE ON THIS TOMS INITIATIVE,
GO TO BESTHEALTHMAG.CA/TOMS

IN THE BAG!

Check out this cute tote from TOMS.

Not only is it super-chic, but with every bag purchased, TOMS provides safe birth options for families in impoverished countries.

photography by LUIS ALBUQUERQUE



SEE SHOPPING
GUIDE FOR BUYING
INFORMATION



{health, naturally}

KEEPING ACHY BITS AT BAY

by PENNY KENDALL-REED, NATUROPATHIC DOCTOR

MUSCLE AND JOINT PAIN AFFECTS ALL OF us at some point in life. Summer, in particular, is associated with body aches as we shake off hibernation for sports, gardening and household activities. However, you can enjoy warm weather pursuits while keeping discomfort to a minimum. Here's how.

FOOD FOR THOUGHT

The first thing to do is prepare your body by choosing specific muscle-and-joint-protective foods. Fish (particularly salmon, mackerel, trout and sardines), flaxseed, avocado and walnuts are all rich in omega-3 fats, which decrease the production of inflammatory chemicals produced by the immune system in response to exercise.

Kale, broccoli and collard greens are high in vitamin A, which protects the body from inflammatory cytokines – interferon and tumor necrosis factors (TNF), that break down collagen in bones and joints. Beets, too, are a good choice, as they contain a natural antioxidant called betalain, which also protects collagen.

And, capsaicin, the active ingredient in chili peppers, inhibits a protein called NF-kappa B, which is involved in the control of genes responsible for inflammation.

Also consider adding ginger to your diet, as it reduces the production of several inflammatory agents.

At the same time, ensure that you're getting adequate protein to rebuild muscle, and keep hydrated to allow muscles to remain more pliable and elastic.

On the "what to avoid" front, aim to minimize your intake of sugars and refined carbohydrates to reduce the general inflammatory load within blood vessels.

Another food group to avoid is "nightshade"

CHOOSING THE
RIGHT FOODS
AND EXERCISING
PROPERLY CAN
GO A LONG
WAY TOWARD
HELPING YOUR
BODY WARD OFF
MUSCLE AND
JOINT PAIN



vegetables – bell peppers, potatoes, eggplant and tomatoes – since they contain alkaloids that may inflame your nerves, muscles and joints.

As for exercise, be sure to warm up before you start any activity and then stretch afterwards. And don't be a weekend warrior – it's better to exercise a little every day rather than overexert yourself once a week.

SUPPLEMENTS FOR JOINT DAMAGE

Despite all these measures, you may still experience some aches and pains. Here are a few supplements to prevent and treat muscle and joint damage:

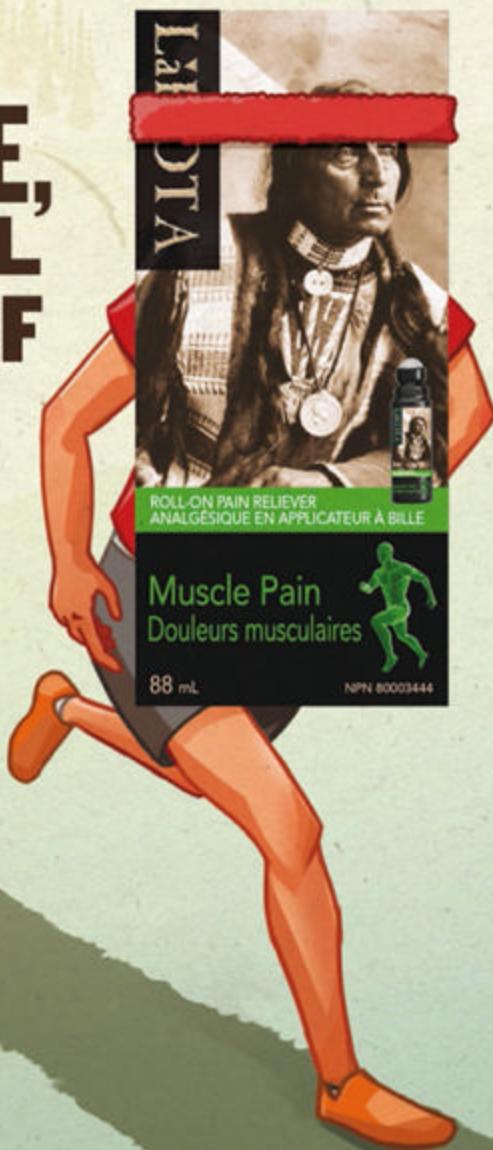
Natural eggshell membrane (NEM) contains all the vital structural elements of our articular cartilage to help rebuild. It also inhibits the production of inflammatory cytokines, providing long-lasting pain relief.

Undenatured type II collagen (UC-II) is helpful, too. It works by deactivating specific killer T-cells that secrete collagenases, the enzymes that break down collagen. In the small intestine, there are areas of high T-cell concentration known as Peyer's patches. When UC-II enters these areas, the immune system recognizes them as similar to the body's collagen and instructs the T-cells to leave this type of collagen alone. That message is then disseminated through the body, greatly suppressing the degradation of collagen and joint inflammation.

Taking a calcium and magnesium supplement to help control muscle contraction, relaxation and repair is a key component to muscle health all year round.

Being active has tremendous benefits for our physical and mental health. By following these simple food and exercise tips, you can enjoy a full and active summer, pain-free. *BR*

LIFE-SIZE, NATURAL PAIN RELIEF



1. Lakota penetrates the sore muscle



2. Blocks pain signals at the source



3. Enhances mobility and speeds recovery

Your new favourite running buddy.

Based on traditional medicine and made with natural ingredients, Lakota Muscle Pain is on-the-run, natural pain relief that works. For reviews and testimonials visit Lakotaherbs.com

LAKOTA

THE *Pharmacist* WILL SEE YOU NOW

Dispensing drugs is but one responsibility for today's pharmacists – and that's a good thing. *Jane Doucet* explains.

YOUR PHARMACIST CAN DO more than just fill a prescription. Depending on the province you live in, your local pharmacist might be able to administer a travel vaccine, order and interpret lab tests or even prescribe medication for a minor ailment like a foot fungus picked up at the swimming pool.

"Pharmacists are the most accessible healthcare professionals," says Philip Emberley, director of pharmacy innovation at the Canadian Pharmacists Association. "The greater scope of their role is a reflection of the trust that Canadians have in the knowledge and skills of pharmacists." It also means that doctors' offices are freed up for the treatment of more complicated conditions and that patients with minor concerns get quick, hassle-free care.

Pharmacists in Alberta can do the most for patients, including provide emergency prescription refills, change a drug dosage or formulation and administer a drug by injection. A pharmacist's role is expanding in other provinces and territories, too: Since 2010, among other services, Nova Scotia pharmacists have been able to adapt a prescription without consulting the doctor, which can involve changing the strength and quantity of a medication and how often it should be taken. They can also substitute a different drug in the same class of medication if what's prescribed is unavailable or a cost issue for the patient (since generics are cheaper than brand names), as well as find a more appropriate alternative for a drug if they feel it could interact with the patient's other meds.

Sandeep Sodhi, owner of Village Family Pharma-

Choice in Truro, NS, and chair of the board of directors for the Pharmacy Association of Nova Scotia, has witnessed the expansion of the traditional primary role of dispensing medications first-hand. Over the past two to five years, he and his staff have been able to give various immunization injections, provide refills of meds in between doctor visits and assess and prescribe treatment for 31 minor ailments, including cold sores, seasonal allergies and skin conditions like eczema. (Pharmacists in Alberta, Saskatchewan, Manitoba, New Brunswick and Prince Edward Island can also prescribe meds for minor ailments.)

In addition to having access to a broader treatment toolbox, some pharmacists are becoming more specialized and receiving additional training and certification. One of Sodhi's pharmacists has become a certified diabetes educator to better service patients with diabetes. His pharmacy also offers weekly clinics for foot care and orthotics, plus a fee-based blood-and-specimen collection conducted by a private company for patients who need blood work or urinalysis to monitor their conditions. "It feels great to be able to provide these services," says Sodhi. "That's why pharmacists get into health care: to help improve people's overall health."

In the coming years, it's likely that we'll see the role of pharmacists expand even further. "I think their scope will continue to broaden, since one of seven Canadians doesn't have a family doctor," says Emberley. It makes sense to check in at your drugstore with simple questions and concerns instead of sitting in a large lineup at a walk-in clinic or occupying space in a hospital emergency room. "Pharmacists won't be able to treat everything, but they can steer patients in the right direction and initiate treatment." *BR*

You Asked, We Answered

These are some of the questions Canadians asked us in a recent survey. Victor Wong, pharmacist at a Shoppers Drug Mart in Scarborough, Ontario, has the answers.



What is the purpose of a medication review?

A general medication review is a consultation with a pharmacist to review all your medications including prescription, over-the-counter and natural health products to help ensure they are contributing to your health. It gives you an opportunity to ask if there are any things to watch out for, any interactions, and any lifestyle changes that can optimize your response to treatment. When it's done, you'll have a list of all the medications you're taking, any allergies, and any special notes.

There are also tailored medication reviews such as a diabetes medication review, where we talk about how to use devices to measure and monitor blood sugar, and general diabetes education (like diet and exercise). We discuss how to optimize medications, how to achieve safe use, and how to remember to take medications and avoid mixing them up.

How many times a year should medications be reviewed?

—FERN, FROM ONTARIO

It's a good idea to have a medication review at least once a year to discuss how all your medications are improving your health. Also, it is advisable to have a continued dialogue with your pharmacist through follow-up medication reviews as your drug therapy regimen or disease state changes. Your pharmacist can help guide you during your individual one-on-one consultation.

When you try to explain a very problematic side effect of a certain medication and yet you're told to take it anyway, what's your next step towards resolution?

—ENID, FROM SASKATCHEWAN

A problematic side effect can be discouraging. Ask your pharmacist or doctor about the benefits and the risks of the medication. Sometimes a medication is necessary to preserve health, and the benefits completely outweigh the risks. The pharmacist or doctor can help you decide whether it's right for you. It's a good opportunity for a medication review with your pharmacist to see if there are any contraindications (things you shouldn't take with it) or any interactions with other medications, supplements, or alternative medications, just to see if everything fits.

Is there an easy go-to guide for medication vs. supplement interaction? —SHEELAGH, FROM ONTARIO

There are some online tools and textbooks that give very general information, which you can reference in advance of your medication review. Because medication is tailored to the individual, I encourage you to go to the pharmacist so she can put this information into context. The pharmacist looks at your medication history, looks at the supplement or alternative medication you're taking, and probes what outcomes you're trying to achieve to see if it's safe for you. The pharmacist will tell you how you can optimize your medication, understand your medication, what side effects to be conscious of, and how to learn how to manage them.



TRACK STARS

Can health trackers actually help you improve your health? With a little coaching, the experts say yes. Read on for the ones to watch for. *by NANCY RIPTON*

AS DEVICE TECHNOLOGY CONTINUES TO improve, so does our desire to track every facet of our lives, from the steps we take and the food we eat to our heart rate and the quality of our sleep. An estimated 19 million tracking devices were used in 2014, and that number is expected to triple in annual sales by 2018.

"There is a group of people who love data and love tracking everything," says Maureen Hagan, vice president of operations at Good-Life Fitness. For data-oriented people, numbers and scores give them a sense of control and a means for setting goals. And, although health trackers are relatively

new, keeping score is not. "We've always received grades in school and worked toward increasing our performance," says Hagan. Fitness trackers are a report card for your health.

Data lovers are driving the trend of wearable tech clothing and accessories, which are part of a larger movement known as the "quantified self." The theory, say manufacturers and health experts, is that recording and reporting information about behaviours that pertain to good health will educate and motivate people to adapt healthier habits. It's one thing to generally feel like we should move more; it's quite another to see that you're walking just 20 percent of the amount that's generally recommended.

Tracking progress has a good track record. "The world's top leaders are known to track their actions and monitor their progress," says Hagan. When you can visually see numbers and data in front of you, it makes you more accountable, even when it comes to just lacing up your sneakers.

Hagan recalls a promotion where GoodLife gave out step pedometers to participants in a certain class. "We

wanted them to work toward 10,000 steps daily," she says. And there's reason to believe this really would improve their step count: A review of 26 studies published in the *Journal of the American Medical Association (JAMA)* found that pedometers helped participants increase their physical activity by 26.9 percent.

Is all this talk motivating you to try out a tracker? Here's how to find the best device for your needs.

BEST FOR ENDURANCE ATHLETES

Look for a waterproof device with an accurate step counter and a heart rate monitor that wraps around your chest. It should be able to calculate and share your data.

BEST BET POLAR A300, \$220 (WITH HEART RATE MONITOR)

» *New to the market, it has all the above features, plus vibration feedback, fitness tests and a month-long battery life, so you don't have to worry about constantly recharging it. While most trackers are ideal for runners, this waterproof device has multisport profiles, making it suitable for swimming and other sports.*

BEST FOR SWIMMERS

Some laps in the pool can be a fun and refreshing way to exercise in the summertime. Tracking every dip will help you take your doggy paddle to the next level and improve your overall fitness.

BEST BET MOOV, \$69

» *This swimming wearable is the first of its kind. It breaks down every lap, turn and stroke to help swimmers of all levels measure, track and improve their performance in the pool. It even provides coaching tips to help you perfect your form as you go. Other app experiences include boxing and cycling.*

BEST FOR WEIGHT-LOSS HOPEFULS

Seventy-four percent of people who track their weight through a device see results in the first month, according to Fitbit. Tracking your caloric intake, exercise, weight and body fat gives you a visual representation of your output and helps you get results.

BEST BET FITBIT ARIA, \$130

» *The aria scale connects with your Fitbit app to log your weight, body fat and BMI over time. You can use it with your Fitbit tracker to see lifestyle trends that correspond to results.*

BEST FOR POWER WALKERS

The primary reason people use fitness trackers is to monitor the amount of steps they take in a day. If you are a bit of a technophobe and can't be bothered with entering your daily food intake and monitoring your sleep patterns, don't pay extra for functions you don't need.

BEST BET OMRON POCKET PEDIOMETER, \$45

» *Highly accurate, this pedometer uses a Dual-axis acceleration sensor to record your steps. It's small, and you can wear it anywhere – plus, it has a seven-day memory and costs less than \$50.*

BEST FOR ENERGY-LEVEL EVALUATORS

Maybe you're an athlete trying to boost your speed and you need to know when to hold back a little and when to give it your all. Or you could have an irregular heartbeat or be coming back from injury and not want to overdo it. Either way, a stamina sensor is your body's real-time fuel gauge.

BEST BET GOMORE STAMINA SENSOR, \$180

» *This sensor comes with a heart rate monitor that uses technology commonly used in medical-grade devices to track your lactic acid buildup and energy reserves to ensure that you don't push it too fast, too early. All data goes to your smartphone, so you can track your performance and workout intensity over time.*

BEST FOR WEEKEND WARRIOR

A good-looking watch-like piece that syncs with your iPhone, Android and iPad makes it easy to track your health and fitness.

BEST BET COGITO CLASSIC, \$180

» *The always-on activity monitor is your aid to leading a balanced life. It does everything, from showing you when you're getting an incoming phone call to tracking your daily steps and calories burned.*

WATCH OUT!

The hot new Apple Watch lets you send messages, take calls and track your fitness routines, all at once. The activity app provides a visual snapshot of daily activity, monitoring active calories burned, brisk workouts and even how often you've stood up from your desk during the day. APPLE WATCH, STARTING AT \$419

ON TRACK FOR SUCCESS

To get the best results from your fitness tracker, follow these expert tips from Fitbit's Melanie Chase.

1. Clean and dry your tracker regularly, particularly under the band, and wear it loosely enough to allow air circulation.
2. Identify which wrist you are wearing your tracker on in the settings and wear it on the same side each time.
3. Log your total food intake (including coffee breaks!) and all activities to get the most accurate calorie-burn estimate.
4. If your tracker monitors your sleep, make sure you place it in sleep mode as soon as you get into bed and keep it on your wrist all night long.
5. Join a community and do challenges with friends. Extra encouragement will help you reach your goals.

WITH THE BAND?

While there is some controversy surrounding fitness trackers, most experts agree that they can still be a valuable tool in your health kit. A 2015 study published in JAMA found that wearable devices help encourage change by providing valuable feedback.

However, "on their own, they do very little to facilitate lasting behaviour changes or weight loss," says Dr. Mitesh Patel, assistant professor of medicine at the University of Pennsylvania and lead author of the study. Research cited in the *JAMA* article found that more than half of individuals who purchase a wearable device stop using it – one-third before six months.

According to Dr. Patel, to get optimal results with your tracker, you need to set goals (and rewards) for yourself.

Furthermore, other trackable technologies for measuring heart rate, body fat, energy expenditure and sleep patterns have not been well validated. Estimating energy expenditure is more complex than monitoring steps, so the devices may not always be accurate.

Still, they're a good idea if you need some extra motivation. Even if your device isn't perfect, it can get you moving and make you aware of areas of your life that need attention – and that's never a bad thing. *MH*

JOY of the MOUNTAINS

The Oregano Company

Digestive, Respiratory and Immune Support

Up to 4x More Effective Than Other Brands*

Voted #1 Immune Product, Alive Awards 2014

Certified Organic Wildcrafted Oregano Oil

B.C. Family Owned And Operated

Oregano Is All We Do!



Organic

Vegan

Non - GMO

Soy Free

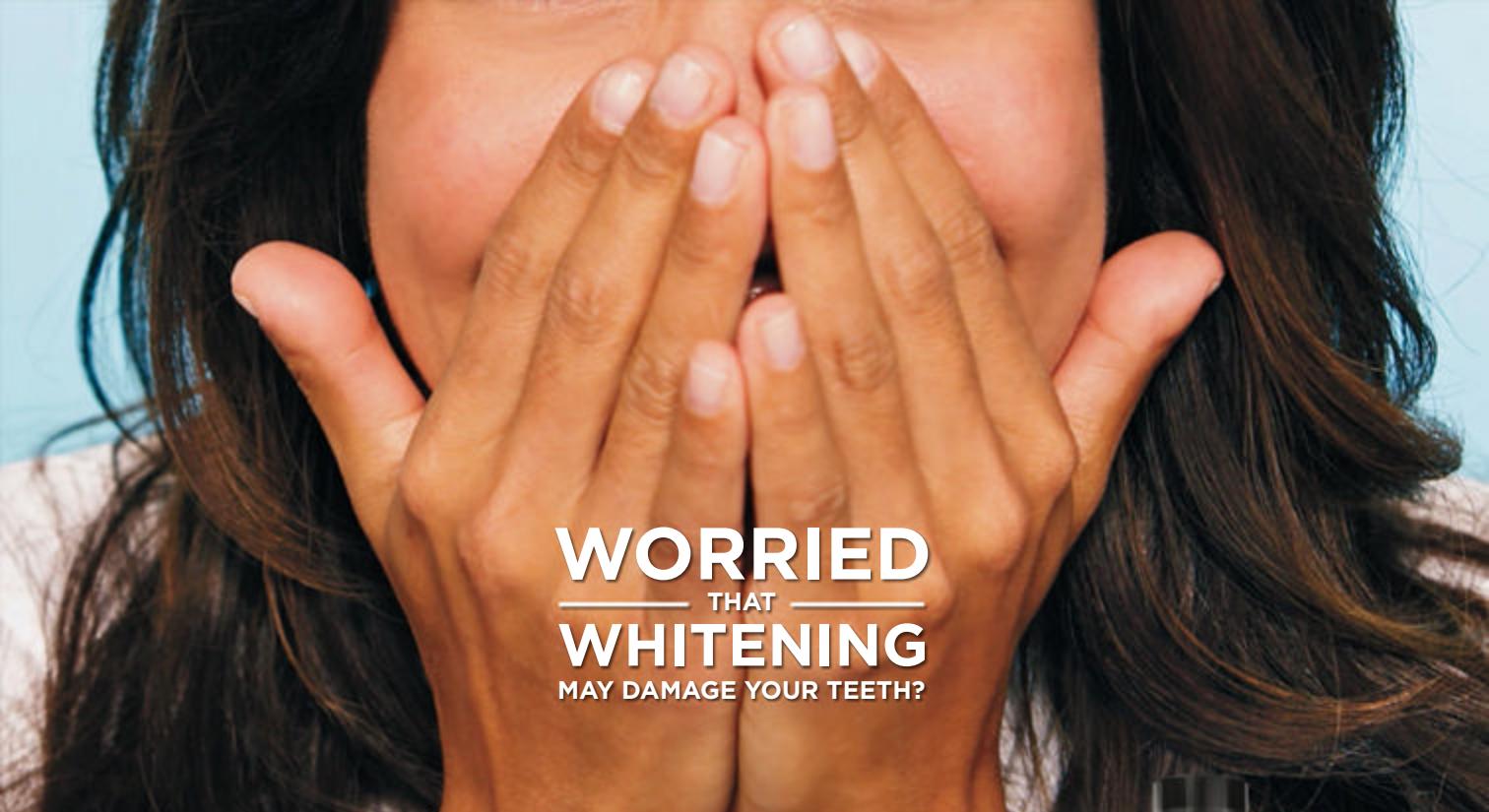
Gluten Free

Chemical Free

joyofthemountains.com

Available in natural health food stores, select grocery stores and pharmacies.

*Reference: Anti-Influenza virus activities of commercial oregano oils and their carriers. *Journal of Applied Pharmaceutical Science* 2012; 02(07) 214-18.



WORRIED
THAT
WHITENING
MAY DAMAGE YOUR TEETH?

Introducing LISTERINE® HEALTHY WHITE™.

It not only safely whitens teeth*, but also restores enamel.



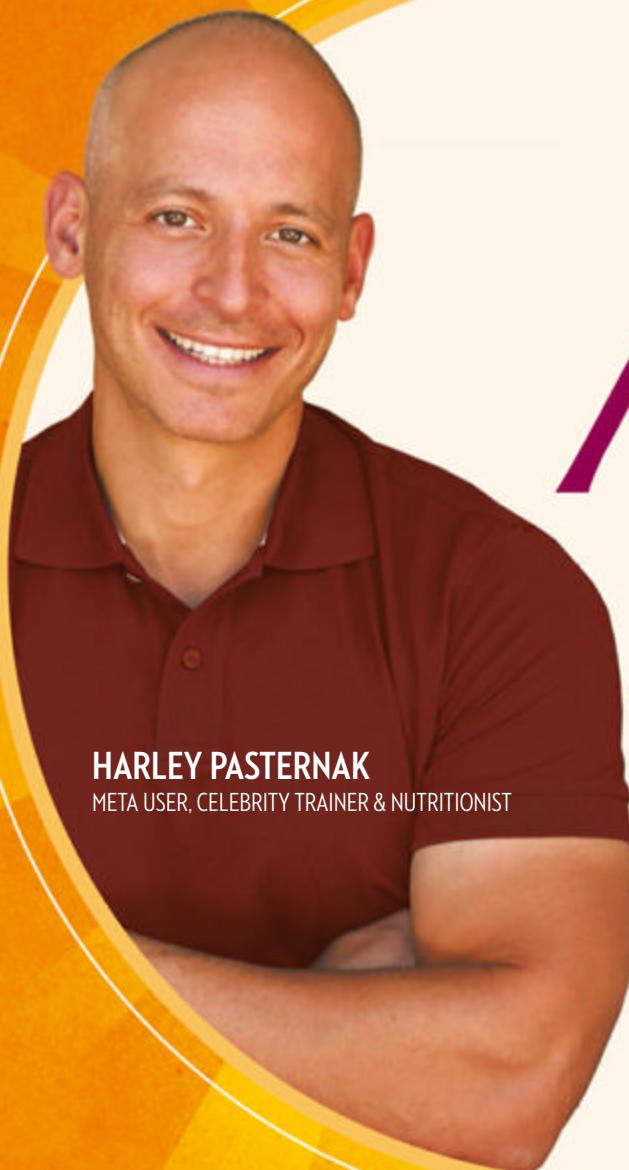
*Enamel safe whitening ingredient. Always read and follow the label. ©Johnson & Johnson Inc. 2014.



WORRY
NO
MORE

Available at

SHOPPERS
DRUG MART 



HARLEY PASTERNAK

META USER, CELEBRITY TRAINER & NUTRITIONIST

THE *Meta* EFFECT™

SEE HOW META POWDER CAN
SUPPRESS YOUR APPETITE* AND
HELP YOU AVOID OVERINDULGING



Write it. Live it.

Write your goal down. Read it before you go to sleep. Tomorrow, do one small thing to help with that goal. Like having Meta in your morning glass of water to increase fibre in your diet.

Go on. Pick a tip.

That marks the start of one small healthy change you can make.

You see, Meta powder contains 100% naturally sourced psyllium fibre, the kind I use (and rave about). The kind of fibre that helps to temporarily suppress your appetite when taken prior to a meal* and even lowers your cholesterol levels.**



Walk This Way

Set a number of steps you must take before going to bed. Like 10,000 a day. Cool down and get your fibre by adding Meta to a Lemonade Chiller.



Dine Out Tip

Drink a Meta powder smoothie before you dine out. It'll make you feel full and help suppress your appetite.*



Meta Minder

Set reminders in your calendar 15 min before mealtime. That'll ensure you break out the Meta in time to dine.



Harley's Smoothie

5 almonds, 1 red apple, 1 banana, 3/4 cup nonfat Greek yogurt, 1/2 cup nonfat milk, 1 tsp. Meta, 1/2 tsp. ground cinnamon



Call a Pal

If you need some motivation to work out, call a friend. After you work out, add Meta to your water. Rehydrate and get a fibre boost.



A Smoothie Start

Breakfast kick-starts your metabolism and helps keep you alert throughout the day.

Rushed for time and looking for ways to get Meta? Try a Banana-Orange Frosty with a scoop of Meta.



Shop Smart

Studies show that snacking before a grocery trip leads to less unhealthy food purchases. Why not get your fibre too?

Mix a smoothie, add Meta and go.



Eat Out Less

Home cooking will cut out excess salt or flavouring condiments found in restaurants. Add Meta to your dinner beverage for extra fibre too.



Kitchen Clean Out

Purge your cabinets of cookies, chips, and fatty meals. Move Meta from the medicine cabinet to the kitchen, then stock up on fresh fruits, veggies and whole grains.



Oh, Mr. Sun

Get out and soak up some Vitamin D for strong bones and a good mood. While you're at it, add a scoop of Meta to your water bottle and get your fibre too.



Hello H₂O

Staying hydrated could help you from overeating. It fills you up if you drink some before a meal.

Even better, add Meta.



Mind Changer

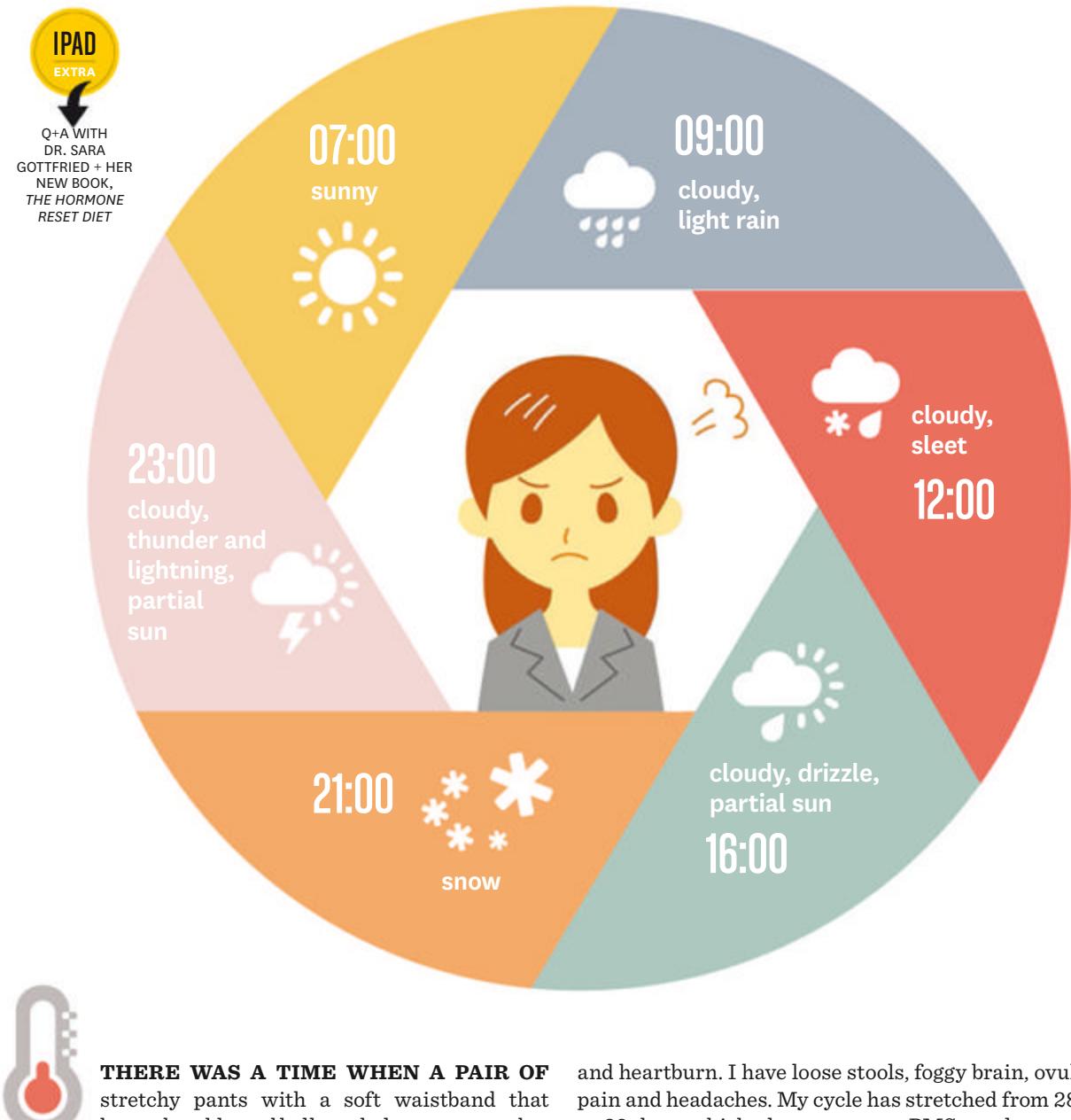
Change your mindset and you have the power to change your life. Want to add more fibre to your diet? Keep Meta at the office and at home.



Get full Meta recipes, tips & coupons at metaeffect.ca

FEELING HORMONAL?

Whether you're battling PMS or staring down perimenopause, there are strategies and solutions to help minimize distress. *Juliette Lie Baxter* investigates how to manage hormonal changes with grace – and fewer mood swings.



THERE WAS A TIME WHEN A PAIR OF stretchy pants with a soft waistband that hugged my bloated belly and a loose-cut tee that skimmed over my achy breasts were all I needed to survive PMS. But things changed over a year ago, when I turned 41. Now I have a laundry list of monthly letdowns, which include increased anxiety, brief crying spells, fatigue

and heartburn. I have loose stools, foggy brain, ovulation pain and headaches. My cycle has stretched from 28 days to 38 days, which also means my PMS can last up to 10 days. I have hot flashes (that's a temperature surge with no sweats). And I get a yeast infection before and after my period, which is directly related to hormonal fluctuations (either too much or too little estrogen can spark the itch).

OMG!

The DivaCup... Brilliant!



Say goodbye to tampons and pads.
Switch to The DivaCup!



divacup.com

After complaining to my GP, she advised routine blood tests to check my iron and thyroid levels, which, if amiss, could explain my symptoms. My results came back negative. I'm in tip-top shape, but I still feel like crap. "You're just going through a hormonal shift," she said. This shift has me looking forward to being a Golden Girl, like Blanche or Rose (but definitely not Dorothy), when my period will finally be a memory.

While I'm flirting with perimenopause, along with many of my 40-something friends, the 30-somethings I know have their own complaints about worsening PMS. Traditional Chinese medicine practitioner Mary Wong says that, regardless of age or specific symptoms, our collective cups are overflowing. Between career, life, marriage and motherhood, we've been doing too much for too long and our bodies are crying out for a change. "PMS is a signal to let us know that we are not in balance," says Wong. "It's up to us to listen and take stock of our lives and alter the way we think, perceive and do."

DOING IT ALL TAKES ITS TOLL

Natasha Turner, a naturopathic doctor and *New York Times* bestselling author of *The Supercharged Hormone Diet*, concurs. "Everything you do, say, think or feel impacts your hormones," she says. During our 30s and 40s, we're especially stressed out while we try to do it all. Prolonged stress depletes progesterone, the hormone that makes us feel calm, improves sleep, prevents breast tenderness and wards off mood swings. In its place, the stress hormone cortisol appears and, along with it, a personalized cocktail of



symptoms that can range from weight gain and cravings to acne and insomnia, signalling a hormone imbalance. Later, when perimenopause appears, both estrogen and progesterone levels start to change, kick-starting another hormonal roller coaster.

But how do you know if you're experiencing bad PMS or entering perimenopause? "The big clue is your cycles," says Dr. Esther Konigsberg, an integrative medical consultant based in Toronto and Burlington, ON. Her practice, Integrative Medicine Consultants Inc., integrates conventional, lifestyle, complementary and alternative medicine. "If you've been cycling every 28 to 30 days, then all of a sudden your cycle shortens, that's a sign you are entering perimenopause." Hot flashes, insomnia, vaginal dryness and a low sex drive are new annoyances that may appear. Once you start skipping periods, then you're officially transitioning into menopause.

In light of my mixed bag of symptoms, what can I do to make it all better? My GP suggested a low-dose birth control pill or low-dose antidepressant, but is that really the answer? "These meds mask symptoms; they do not treat the underlying cause," says Dr. Christiane Northrup, a holistic OB/GYN and bestselling author, whose latest book is called *Goddesses Never Age: The Secret Prescription for Radiance, Vitality and Well-Being*. Her advice is to try pharmaceuticals when lifestyle changes aren't making enough of an impact.

Whether you're in your 30s, 40s or 50s, the feel-good prescription for balancing your hormones is less stress, better sleep,

BETWEEN
CAREER, LIFE,
MARRIAGE AND
MOTHERHOOD,
WE'VE BEEN
DOING TOO
MUCH FOR TOO
LONG AND OUR
BODIES ARE
CRYING OUT FOR
A CHANGE.



SUPPLEMENTAL SIDEKICKS

TRY...

- **MAGNESIUM** before bed-time to help improve sleep and soothe nerves.

You can choose magnesium citrate or glycinate to coax regular bowel movements. Most people are magnesium deficient, so you should aim for 400 to 800 milligrams a day for overall health.

- **CHASTE TREE EXTRACT**, iodized sea salt or iodine tablets to improve PMS and shortened cycles in perimenopause. Test them out on separate occasions to see which works best for you.

- **PROBIOTICS** to tune up your digestive system and help eliminate excess estrogen.

- **FISH OIL** to reduce inflammation, maintain a healthy heart, improve mood, support the nervous system and boost cognitive function.

- **VITAMIN D** to optimize healthy hormonal activity. It's also important for our bones and immune and nervous systems.



DESPERATE?

There's a better way to cool the burn *down there*...

You know the feeling, it's a vaginal infection with a burn so intense you'll do just about anything to get relief, not to mention all the other uncomfortable symptoms that come along with it. But it's just one of those (many) things that women have to deal with every once in awhile, right? Not so much... what you may not know is that vaginal infections are caused by having too much bad bacteria *down there*. VagiCare is a probiotic that naturally restores good bacteria and treats and prevents vaginal infections naturally, without any questionable ingredients. And it's even refrigerated, making it THAT much cooler!

So leave the popsicle for dessert and treat yourself to VagiCare.



CLINICALLY
PROVEN



GLUTEN-FREE



NON-GMO

Available in the cooler at natural health food stores,
select grocery stores and pharmacies.



NPN 0023259

exercise and a healthier diet to help relieve a myriad of symptoms. "PMS tends to peak in our 30s and, if it's not addressed it becomes perimenopausal symptoms on steroids – and menopausal symptoms can persist for years after menopause," says Dr. Northrup. The bottom line: Get healthy habits in place now to make a positive change to your well-being later.



THE WHEELS OF CHANGE

Between caring for your parents, finalizing that presentation and getting ready for the bake sale, strategizing a lifestyle makeover can easily fall to the bottom of the list. So, take it easy and work with baby steps. "Focus on improving your sleep first," advises Turner. "It's impossible to balance your hormones without enough sleep." One of her tips for getting more shut-eye is using your bed for sleep and sex only. That means no TV or computers in the bedroom – or, at the very least, keep them six feet away and use the sleep function. They emit electromagnetic fields that disrupt the production of sleep-inducing melatonin.

Regarding sex, the more you have, the better your hormonal health. It alleviates stress, which reduces cortisol and contributes to a sounder sleep and a better mood. Whether you do it on your own or with a partner, regular nooky also increases estrogen and testosterone, which both wane as you age.

DIET DOS AND DON'TS

Once you're getting better sleep (ideally, seven to nine hours a night), begin shaping up your diet with hormone-friendly food choices. A big hormonal letdown is sugar, so try to keep your intake to no more than 16 grams a day (the equivalent of four teaspoons), says Dr. Northrup. She explains that sugar increases insulin, which then throws progesterone and estrogen out of whack. "Sugar is more addictive than cocaine, so try stevia to sweeten things during your withdrawal," she suggests.

If you need extra help boosting the happy neurotransmitters that sugar previously spiked, add more sex, meditation and socializing in your life and try to

engage in regular pleasurable activities for the same feel-good effect. While you're at it, nix alcohol and caffeine, which are two other common culprits found to increase cortisol, thereby spiking insulin, too.

Dr. Konigsberg is especially conscientious about eliminating bad estrogens that disrupt hormone balance, such as xenoestrogens, which are found in many pesticides. Choose organic when possible. She also suggests adding more cruciferous foods, such as broccoli and cauliflower to your diet. They contain indole-3-carbinol, a substance that changes the balance of our estrogens to less harmful ones, which may lower our risk of breast cancer.

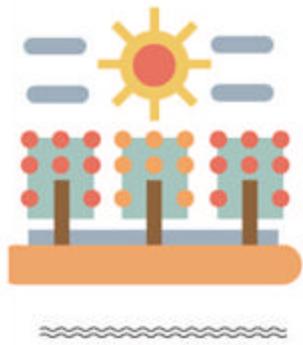
You can also start filling your basket with superfoods that help reduce the inflammation that can lead to increased insulin. Consider blueberries as an antioxidant, lean organic proteins (they're less inflammatory than fats found in processed meats), avocados for healthy fat, Greek yogurt for protein and lignan-rich ground flaxseed to sprinkle into smoothies and salads.

Don't feel overwhelmed. "It's simple: Wake up, go for a walk in the morning and eat more blueberries," says Turner. "The hormonal impact of those two things alone is huge."

Once you start feeling the boost of a better diet and more sleep, add exercise. If 20 minutes of yoga, walking or a Jane Fonda workout is all you can manage, that's great, whether it's three times a week or every day.

Most importantly, don't beat yourself up over your changing hormones or panic if you enjoy Pinot and profiteroles on date night. That will spark unnecessary internal stress, and it's okay to indulge a little now and then. "Hormonal changes are just a part of life," says Wong. "It's when hormones produce uncomfortable symptoms that this tells us something is off. Acupuncture, Chinese herbal medicine, exercise, meditation and eating in accordance with one's constitution as well as the environment will help bring back balance and alleviate hormonal disruptions causing PMS and other problems." *DR. KONIGSBERG*

"IT'S SIMPLE:
WAKE UP,
GO FOR A WALK
IN THE MORNING
AND EAT MORE
BLUEBERRIES,"
SAYS TURNER.
"THE HORMONAL
IMPACT OF THOSE
TWO THINGS
ALONE IS HUGE."



ARE YOU BETWEEN **35-58 YRS** AND COPING WITH **HOT FLUSHES OR** **NIGHT SWEATS?**

Help us find effective treatment for hot flushes for you and others like you.

We are looking for women based anywhere in Canada to participate in a government-funded 4-month study on how progesterone can be used to control hot flushes in perimenopausal women. You can participate if you:

- Are between the ages of 35 – 58
- Have menstruated within 12 months
- Experience 4 hot flushes a day or twice weekly night sweats
- Have not taken estrogen, progesterone or birth control pills within 6 months

You will be asked to keep a daily record of hot flushes and night sweats and receive study medication (progesterone or placebo) for 3 months. Whether you receive the progesterone or the placebo, you are likely to see a reduction in your hot flushes and night sweats while also making a major contribution to women's health and the advancement of Canadian science.

To find out more, please contact the Research Coordinator:

Andrea Cameron, RN BScN

Tel: (604) 875-5960

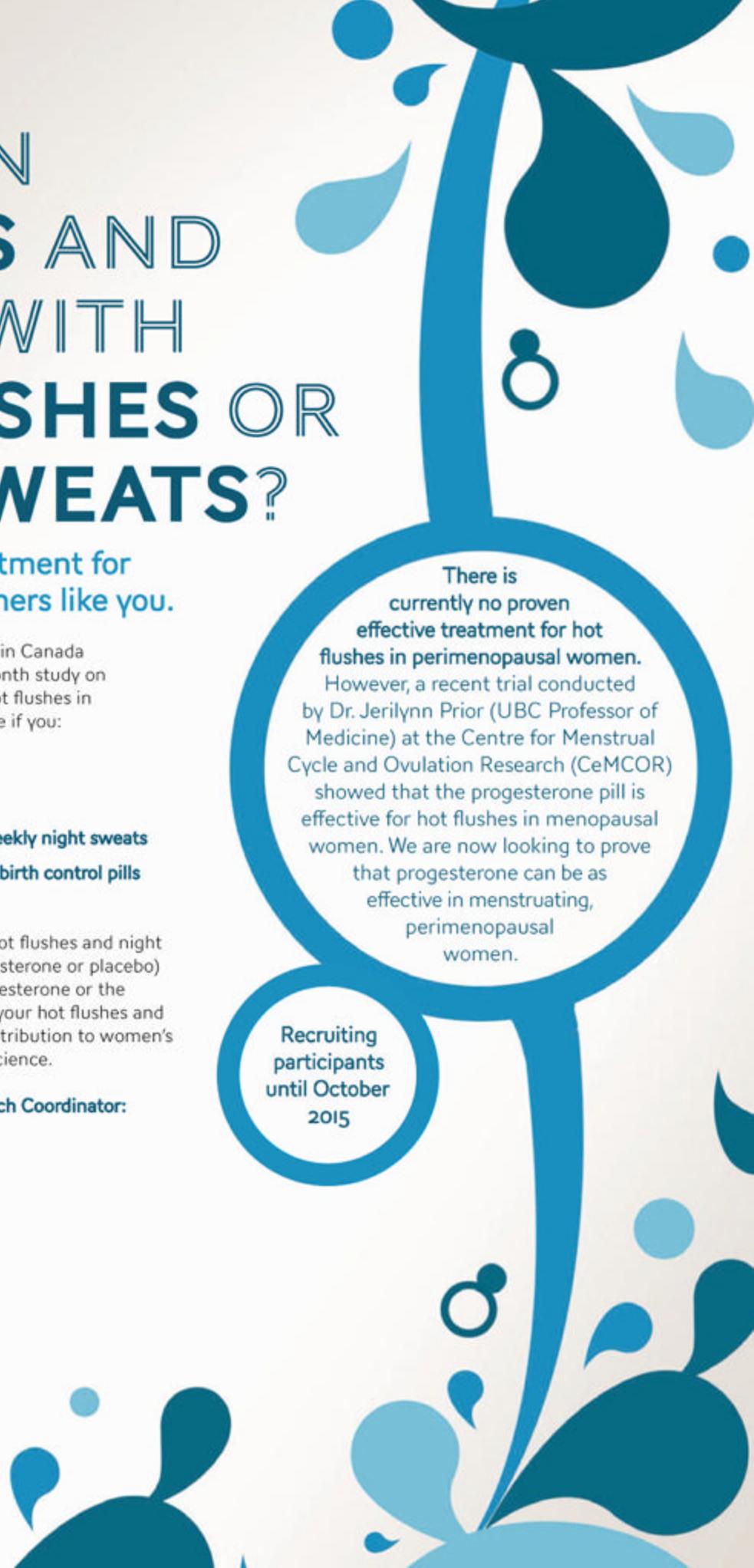
Toll free: 1 (855) 875-5960

Email: andrea.cameron@ubc.ca

Visit: www.cemcor.ubc.ca

CEMCOR

the Centre for Menstrual Cycle and Ovulation Research

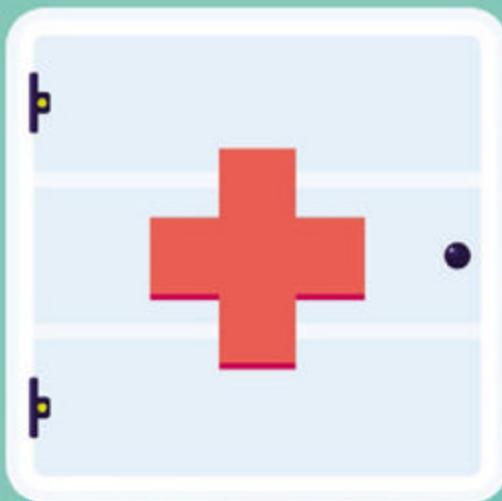


There is currently no proven effective treatment for hot flushes in perimenopausal women. However, a recent trial conducted by Dr. Jerilynn Prior (UBC Professor of Medicine) at the Centre for Menstrual Cycle and Ovulation Research (CeMCOR) showed that the progesterone pill is effective for hot flushes in menopausal women. We are now looking to prove that progesterone can be as effective in menstruating, perimenopausal women.

Recruiting participants until October 2015



HOW TO
PREVENT TRIPS
AND FALLS FOR
KIDS, ADULTS
AND SENIORS



makeover your **MEDICINE CABINET**

Be prepared to deal with daily mishaps by stocking your chest with the right items.

Here's what you need to include. *by JACKIE MIDDLETON*

IT'S EASY TO ACCUMULATE BOTTLES OF EXPIRED PRESCRIPTIONS, nearly empty bandage boxes and tubes of who-knows-what, but maintaining an organized and up-to-date cabinet will ensure that you're prepared when someone is sick, has a fresh scrape or is just in a rush to get out the door in the morning. Here are our best tips for medicine cabinet maintenance.

ISTOCK



FIRST-AID SHELF

A few different types of painkillers are a must. "Acetaminophen will help with fever and pain, whereas ibuprofen will assist with inflammation, too," says Toronto pharmacist Victor Wong.

Stock up on bandages, and ensure that they're within their expiry dates. The sticky adhesive can deteriorate over time, and some brands contain an antibiotic ointment that will expire.

A wound sterilizer, such as iodine or saline wash, helps clean cuts and scrapes, while antibiotic ointment prevents infection. One product that shouldn't be used on fresh cuts is hydrogen peroxide. Recent studies have shown that it can impair wound healing.

COLD AND ALLERGY SHELF

Be prepared for a cold with vaporizers and saline or decongestant nasal sprays. They can open up congested nasal passages so you can breathe with ease.

Soothe coughs, sore throats and aches with a combination cold product. Keep both daytime and evening formulas on hand. "The daytime version won't make you drowsy, and the nighttime version will help you get some much needed rest," says Wong.

Fevers are a common complaint of cold and influenza sufferers. For an accurate temperature reading, use a digital thermometer. Unlike the old glass thermometers, which can leak poisonous mercury if broken, digital thermometers are quick and safe.

Antihistamines can help with seasonal allergies, as well as allergic reactions. Some products can cause daytime drowsiness, so choose one that won't make you sleepy if you're working or driving.

ORAL CARE SHELF

Keep your teeth and gums clean and healthy with toothpaste and dental floss. For cavity protection, choose a paste that contains fluoride. "Using fluoride toothpaste is recommended because it can help prevent tooth decay," says Wong. "Some people may be concerned about the chemical, but fluoride is only toxic if ingested in very large quantities."

Mouth rinses can freshen breath and reduce the risk of cavities, plaque and gingivitis. "They're a great addition to a regular brushing and flossing routine because they get into hard-to-reach places."

Toothbrushes should be replaced every one to three months, or when the bristles begin to splay. If you've been ill, pitch your toothbrush: Germs and bacteria can get trapped in the bristles and reinfect you.

FIRST-AID BOOTCAMP

by JANNEN BELBECK

Feel like you need a refresher when it comes to general first aid? Yeah, us too. So, we went back to class with Chrissy Rowan, a registered nurse and president of the Canadian Family Practice Nurses Association. She primed us on tips and tricks for managing three common first-aid issues: wound care, sprains and breaks, and fevers. Consider yourself schooled!

WOUND CARE

For any injury that happens at home, the first order of business is to clean and dry the wound. For the most part, rinsing with tap water (if it's been chlorinated) is fine. If you want to, you can use a commercial saline solution, or make your own: Mix one cup (250 mL) of water and



PRACTISE SAFE DISPOSAL Expired meds should never be thrown in the garbage or flushed down the toilet, where they can taint landfill sites and water supplies. Instead, take old bottles back to your pharmacy for safe disposal.

MEDS DON'T BELONG IN THE BATHROOM

Medications are sensitive to heat, humidity, light and moisture, so store them in a dry, dark place.

one teaspoon (25 mL) of salt, boil, covered, for 15 minutes. Let cool. Clean the wound every 24 hours and change the bandage as little as it takes to keep the wound clean.

Seek medical attention if...

- Bleeding has not subsided after 10 to 20 minutes of direct pressure to the area.
- The wound is deep (gaping open, edges not touching, jagged, skin has split open). Get medical attention because it may need to be sutured.
- The wound is infected. Signs of infection can include redness, warmth, swelling, odour, drainage (pus), increased bleeding, a fever and general weakness.
- The wound was caused by a bite. They are dirty and easily infected.
- You have a compromised immune system.

"The other thing to consider is whether you've had a tetanus shot within the past 10 years," says Rowan. "If not, get one within 48 hours of the injury."

SPRAINS AND BREAKS

Sometimes it's very straightforward to determine a sprain from a break. "You don't need an X-ray, as a healthcare provider can usually determine if the injury is a sprain or a fracture by the location of the pain," says Rowan. Even if it's a muscle sprain or strain, that doesn't mean you don't need medical attention. "Soft-tissue injuries can be just

as painful as fractures and suffer long-term damage if not appropriately treated," says Rowan.

Seek medical attention immediately if...

- You're experiencing severe pain and completely unable to use the limb.
- The bone is protruding from the skin, the limb takes on a different shape or your extremities are cold, numb or turning blue.

If you've determined that you don't need immediate medical attention, treat your injury for the first 24 to 48 hours using these four steps, commonly called the RICE method.

REST Use the limb as little as possible.

ICE Apply ice to the affected area for no more than 20 minutes every hour. Ensure that there is a barrier between the ice and your skin (a tea towel works well).

COMPRESSION Wrap the limb in a tensor bandage with medium compression, rewrapping every two to four hours.

ELEVATION Have the affected area rest at a point higher than the heart.

This four-step process will help reduce inflammation and allow healing to begin. If there's no improvement within 48 hours, see your healthcare provider.

FEVERS

"A fever is one of the body's natural protective mechanisms to defeat

a viral or bacterial illness – it means that your body is working to fight infection," says Rowan. "The best way to take a temperature is under the tongue with your mouth closed." (Make sure you haven't had anything to eat or drink within the past 15 minutes.) Under the armpit is also acceptable, as long as the object is tucked tightly under the arm and held close against the body. Rowan mentions that if the thermometer doesn't have an axillary setting, add one degree when taking your temperature under the armpit. Ear thermometers can be quick, but it's easy to make a mistake with them.

How to treat:

- Stay hydrated. Eat and drink normally to ensure that you're getting enough electrolytes.
- Don't bundle up in warm clothing, and try a cool cloth on your forehead.
- A fever above 40°C is a cause for concern and you should take acetaminophen or ibuprofen to bring the fever down. Don't use Aspirin to treat fevers, especially for those under the age of 16, as it can cause Reye's syndrome (swelling in the liver and brain).

Seek medical attention if...

- Medication has failed to reduce a fever above 40°C.
- Someone who is 65 or older or has a compromised immune system has a fever over 38.3°C.
- An infant who is younger than three months (no immunizations within the past 24 hours) has a fever above 38°C.

GET A PROPER READING "The best way to take your temperature is under the tongue with your mouth closed," says Chrissy Rowan, RN. Make sure you haven't had anything to eat or drink within the past 15 minutes, as that can affect the outcome.

NOMINATE AN outstanding NURSE!

The *4th annual* Best Health 2015 Nurse Excellence Awards are now open for nominations.



EACH YEAR JOHNSON INC. PRESENTS THESE SPECIAL AWARDS TO ACKNOWLEDGE EXCELLENCE IN CANADA'S NURSES.

In appreciation of their devotion to their profession, three exceptional nurses will be selected. Each will receive a cheque for \$1,500 donated in their name to a healthcare charity of their choice. The winners will be announced in the November/December 2015 issue of Best Health magazine.

Hurry! **NOMINATIONS CLOSE AUGUST 13, 2015**

**NOMINATE A NURSE TODAY AT
BESTHEALTHNURSINGEXCELLENCE.CA**



everyday active

10
MINUTE
TUNEUPS™
PRESENTED BY

FILA®

GET YOUR HAPPY ON!

TRY OUR MOOD-BOOSTING HIIT WORKOUT

HIGH-INTENSITY INTERVAL TRAINING

(HIIT) is the go-to method for getting maximum results in a minimum amount of time. HIIT has you performing bursts of intense exercise, followed by short periods of rest. This method of working out increases heart rate and has mood-boosting and stress-busting effects.

The best part about HIIT is that anyone can perform the workouts because you can customize the level of intervals and intensity according to your fitness level. The general rule is that, after your warm up, you alternate high-intensity bouts with lower-intensity periods.

Ready to take advantage of all those mood-boosting endorphins? Let's get started.

WARM UP

It's important to bring your heart rate up and get your blood flowing to prepare for a great workout. Spend five minutes with an imaginary skipping rope and gradually increase your speed and intensity after each minute. If you have a rope available, use it. Otherwise, pretending to have one by mimicking the motion of skipping rope will warm you up just as effectively.



OUR EXPERT

THIS WORKOUT WAS DESIGNED BY STEPHANIE JOANNE, A PERSONAL TRAINER AND REGULAR *BEST HEALTH* CONTRIBUTOR



WATCH A VIDEO OF THIS WORKOUT WITH LAYAR



HER LOOK!
FITNESS TRAINER RACHEL DAVIS IS WEARING WORKOUT GEAR FROM THE FILA FUNCTION SPRING 2015 COLLECTION: TOP, A.I. BRA TOP, \$40; BLITZ RACER BACK, \$30; BOTTOMS, DIVISION SHORTS, \$40; SHOES, VENOM V2, \$110.



1 30 SECONDS HIGH INTENSITY HIGH KNEES

Begin in your regular running-on-the-spot motion and gain momentum by raising your knees higher as you go.

30 SECONDS LOW INTENSITY JUMPING JACK

Start by standing with your feet together and arms by your sides. Jump your legs apart while raising your arms up toward the ceiling simultaneously. Return to the starting position and repeat this jumping motion.



2 30 SECONDS HIGH INTENSITY JUMP SQUAT

- A. Begin with your feet shoulder width apart and place your hands on your hips. Lower yourself into a squat with a flat back.
- B. Once you're in the squat position, explode up, lifting your feet off the floor. Land softly by immediately lowering yourself back into a squat position as you continue perform this exercise.

30 SECONDS LOW INTENSITY ARM CIRCLE

- A. Start in a standing position with your arms parallel to the floor in a "T" position.
- B. Begin to make small circles with your arms. Avoid swinging your body. Repeat this entire interval once more.

3 30 SECONDS HIGH INTENSITY PLANK JUMP

A. Begin in a plank position. Maintain a flat back and be sure to not allow your hips to sink toward the floor.

B. Keeping your upper body stable, jump your feet apart and then back together.

Easier option: Step with your left foot out to the side before bringing it back to the middle to meet the right foot. Repeat with the opposite foot.



3A

3B

3-low

30 SECONDS LOW INTENSITY DOWNWARD DOG

- A. Starting from a plank position, begin to lift your hips to the ceiling until you are in an upside-down "V" position.
- B. Push into your hands and begin to bring your heels closer to the ground as you maintain this static stretch for 30 seconds. Repeat this entire interval once more.

EDITOR'S
PICKS

Looking to add a little more oomph to your routine? Check out some of our fave fitness finds this month.

SHORTS STORY

KEEP COOL WITH THESE RELAXED-FIT SHORTS. FEATURING A FULL ELASTIC WAIST, THEY ALSO PROVIDE UV PROTECTION AND ARE QUICK-DRYING.

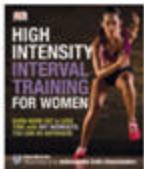


FILA TECH F.T. SHORT, \$35

HIIT IT

LIKE OUR WORKOUT? THEN YOU'LL LOVE THIS BOOK. IT'S PACKED WITH DO-ANYWHERE HIIT WORKOUTS.

HIGH INTENSITY INTERVAL TRAINING FOR WOMEN BY SEAN BARTRAM, \$20



FLIPPING OUT

AN ACTIVE-FOAM EVA FOOTBED AND MOLDED, FOAM-BACKED STRAPS MAKE THESE SO COMFY, YOU WON'T WANT TO TAKE THEM OFF.



FILA FLASH SHOE, \$20

FLOWSCAPE RUNNER



Fila Fitness Tip:

Don't Sweat it!



While moisture-wicking tops and shorts are essential for summertime workouts, your sneaker selection is equally important. When running in the hot temperatures, keep your feet cool with a pair of lightweight, breathable shoes like the **Fila Flowscape**. Not only are they incredibly light, but the open air mesh upper offers maximum ventilation to keep you comfortable in the heat.



4 30 SECONDS HIGH INTENSITY PLIÉ SQUAT

A. Stand with your feet slightly wider than shoulder width apart and your feet facing away from your body at an angle. Place your hands on your hips or straight out in front of you for more of a challenge.

B. Lower yourself into a squat with your knees wider than your body. Begin to pulse for a couple of counts before returning to the starting position. Repeat until 30 seconds are up.

30 SECONDS LOW INTENSITY MARCH ON THE SPOT

Shake your legs out by marching on the spot. Repeat this entire interval once more.



5 30 SECONDS HIGH INTENSITY BURPEE

A. Begin in a standing position with your hands by your sides. Squat down to lower yourself to the floor until your hands reach the ground in front of you.

B. Kick your feet back behind you with your arms holding you in a high plank position.

C. Jump yourself back into your low squat and jump up, returning to the starting position.

Easier option: Ditch the jump by stepping both feet back into and out of a high plank position.

30 SECONDS LOW INTENSITY STANDING SIDE CRUNCH

A. In a standing position with your arms in a "Y" position, bring one elbow to meet the opposite knee by lifting your leg and twisting your torso.

B. Alternate sides. Repeat this interval once more.



6 30 SECONDS HIGH INTENSITY SPRINT

Sprint or jog as fast as you can to bring your heart rate back up one last time. Bring your arms into the movement for added power.

30 SECONDS LOW INTENSITY

Rest your heat rate with a light skip using your imaginary skipping rope.



COOL DOWN

Allow your body a few minutes to cool down with your favourite stretches and deep breathing.

BACK TO THE

FUTURE

Do you recall childhood vacations with mixed emotions? Then it's time to revisit these classic Canadian destinations and make a few new memories.

by MICHELE SPONAGLE



Raise your hand if any of these scenarios played out in the car of your childhood road trips:

- The back seat was a war zone between you and your siblings.
- There were more than a few terse exchanges in the front seat when Mom was tasked with navigating, even though she was, um, directionally challenged.
- Steam could be seen billowing from Dad's ears as the requests for sightseeing stops and pee breaks piled on.

If therapy hasn't yet helped you shake the trauma of those long-ago trips, it's time to revisit these holiday hot spots and enjoy new experiences through the eyes of your grown-up self. Here are four great destinations to get you started.

BEACHES AND BOOZE

on Prince Edward Island

IF YOU WERE LUCKY ENOUGH TO GET TO PRINCE

Edward Island as a kid, your beach time was likely strictly supervised. And under Mom's eagle-eyed gaze, you were allowed to go into the water just up to your knees. That's a shame because the island is swimming with fun things to do. Explore the coast by kayak through By-the-Sea Kayaking in the village of Victoria. Add a crash course in clam digging to source some tasty morsels for homemade chowder, prepared for you beachside. Since you're in prime seafood territory, book a table for a traditional lobster dinner with all-you-can-eat mussels and lemon meringue pie for dessert. Try the one from New Glasgow Lobster Suppers, satisfying appetites since 1958.

The island is legendary for food, but it's also building a reputation for spirits, too. The first distillery in the province was The Myriad View, famous for its moonshine (the legal kind), rum and gin. Do a tour and tasting of these strictly adult beverages. Another must is Prince Edward Distillery. Take home a bottle of vodka – your choice of varieties made from wild blueberries or potatoes – perfect for patio sipping.

Or do a pub crawl. Charlottetown, after dark, is the best place for this. Get your toes tapping to live Celtic and Maritime music at Olde Dublin Pub. Or take a seat outside at Peake's Quay, overlooking the waterfront, where entertainment is a mixed bag – from Top 40 hits to live bands.





ON THE HILL *in Ottawa*

CHANCES ARE, AT SOME POINT IN YOUR CHILDHOOD, there was a trip to Ottawa to see the Parliament Buildings, learn how government works and get a crash course on prime ministers. It was like fried liver – good for you but not terribly palatable. Now that you're all grown up, it's time to revisit Ottawa and explore its more adult pursuits, like a vibrant food and drink scene.

If you like to enjoy a cold pint of beer on a hot summer's day, you're in luck. The craft beer offerings have been frothing to new heights lately, with additions like the Broken Stick Brewing Company and Bicycle Craft Brewery. Time your trip for the Ottawa Craft Beer Festival (August 28 to 30) for rampant sampling, or take a three-stop bus tour with Brew Donkey.

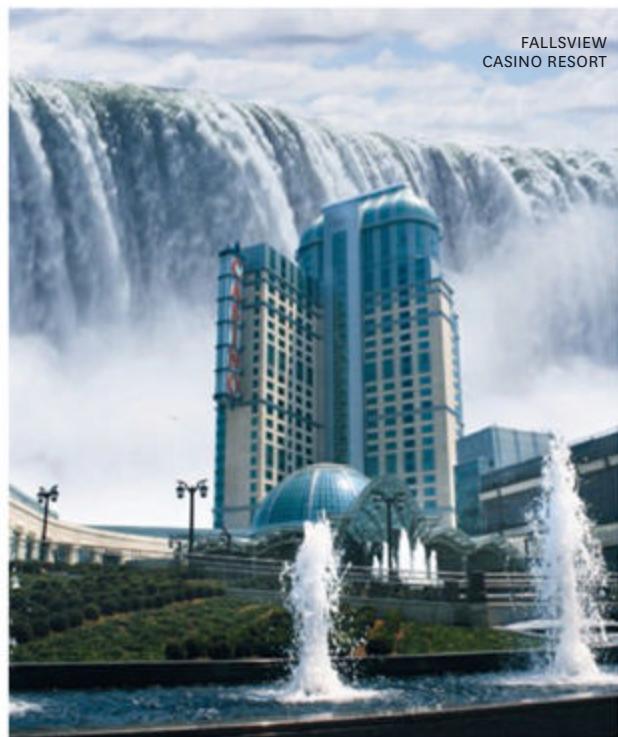
Leaning more to the cultural side of things? The National Gallery of Canada is hosting great exhibitions, including one devoted to Canadian artist Alex Colville (April 23 to September 7). Couple your drinking and cultural pursuits with a maple-based spa treatment at Holtz Spa and an outdoor yoga session on Parliament Hill. Still in touch with your inner child? Lick a cone of something delicious at Pure Gelato. Ferrero Rocher flavour? Yes, please.

GROWN UP *in Niagara Falls*

IF YOU LIVE IN ONTARIO, A PREREQUISITE TRIP to the Falls was on the itinerary any time family came to visit. Does this sound familiar? Scramble for parking, stare at water, go home. Maybe, if you were really lucky, it included a stop at the Ripley's Believe It or Not! museum. Let's fast forward into the future – a time when Niagara Falls has grown up. The tackiness of yore has virtually disappeared, thanks to a slew of new development.

The nightlife is something you probably didn't participate in when you came with your family. Make up for lost time now. The coolest cocktail lounge in town is R5 – part of the Fallsview Casino Resort – and features a fire and water theme. Private booths have fireplaces, perfect for enjoying views of the Falls and a frosty cocktail. Then migrate to Club Rouge, a new dance bar with a sexy vibe, open exclusively to couples. Once you've had some liquid courage, sing a tune loud and proud at Beer Garden's karaoke patio.

Shoppers will love the Canada One Brand Name Outlets. There's no need to head stateside. All the big names are here: Coach, Tommy Hilfiger, Escada, Guess and lululemon athletica. And when it comes to bedding down for the night, forget the kitschy hotels. Check out a place like Sterling Inn & Spa, a sleek boutique hotel that offers guests breakfast in bed.





MOUNTAIN FEVER *in the Rockies*

PERHAPS YOUR FAMILY WERE HAPPY CAMPERS AND SPENT some time in the Rockies. Camping is always an adventure – lumpy sleeping bags, frying bacon in the rain and mosquitoes. You can still have cheap and cheerful outdoor fun but in comfort. Banff National Park offers rentals of oTENTiks, canvas-walled cottage tents that don't require assembly. They have heat, lights, bunkbeds and sleeping pads. Just move on in and get those s'mores happening. Or head over to the teepee camp (sleeps up to four guests per large teepee) at Sundance Lodge, kitted out with heaters and real beds, but it's BYOB (bring your own bedding, or rent it on-site).

Your protective parents may not have let you get too adventurous, but you can be now. The area is a hub for experiences providing adrenaline rushes. The Kicking Horse River (about 90 minutes from Banff, AB), has great whitewater rafting conditions, with up to class IV rapids in the summer (though the water stays pretty chilly). Or sign up for heli-hiking (a half-hour drive south of Canmore, AB), with White Mountain Adventures. You'll be dropped off at an alpine meadow, then spend the next two to three hours toning your calves and thighs as you descend.

And remember how your mom told you not to play with your food? Ignore that and take one of the cooking classes @The Box, offered by the Paintbox Lodge in Canmore. Get deliciously dirty making chocolate, or classic Thai dishes. *dk*

HIKING, PAUL ZIZKA; PAINTBOX LODGE, NOEL ROGERS

5 GREAT PLACES TO GO AS AN ADULT

1. La Ronde, Montreal. The height requirement might have kept you off some of the rides as a kid at this popular amusement park, but no more!



2. Royal Ontario Museum, Toronto. All those information cards might have bored you as a kid. Give it another try, especially with the arrival of the new exhibit, *Pompeii: In the Shadow of the Volcano* (coming June 13).



3. Canadian Museum for Human Rights, Winnipeg. In your younger years, you would not have appreciated the importance. Now that you've been there and done that, you can.



4. Tancook Island, Nova Scotia. In your youth, peace and quiet would be considered hellish. Take in the sea air and tranquility on this pretty island six miles offshore from the village of Chester.



5. Richmond Night Market, British Columbia. This annual Asian market – amazing food, fun shops and lively crowds – comes alive when darkness falls and the kiddies are in bed.



A plethora of SPF products means that there's something for everyone. Yet, skin cancer statistics reveal we're still not heeding the call to arms (or legs or feet). Health writer *Elisa Kosonen* explains why you need to lather on the protection. Every. Single. Day.



photography by
LUIS ALBUQUERQUE

SCREEN SAVERS

EVERYTHING YOU ALREADY KNOW ABOUT SUN-screen is still true. You have to wear it, you have to reapply, and sunbeds are just as carcinogenic as arsenic, according to the International Agency for Research on Cancer. UV rays are bad; shade and SPF, good. But here's the thing: Instances of melanoma and skin cancer are still on the rise, tanning salons continue to turn a profit, and statistics show that most of us are guilty of delinquent sunscreen behaviour. Protecting your skin from damaging UV rays

should be a no-brainer. So how can we finally pick up the habit and keep our skin safe? A closer look at the hard facts reveals a few rules to live by.

Consider antioxidants your second line of defence. Sunscreen is most effective when paired with preventive antioxidants in your daily skincare routine. "We call it the 'sweater and the jacket,'" explains Dr. Julia Carroll, a dermatologist at Compass Dermatology in Toronto. "The antioxidant is your sweater and you also need to put on your

TO TRY

- 1** CLARINS SUN CARE OIL SPRAY SPF 30, \$35
- 2** NEUTROGENA COOLDRY SPORT SPF 30, \$14
- 3** BIODERMA PHOTODERM SPF 40 SPRAY, \$30
- 4** ELIZABETH ARDEN PREVAGE ANTI-AGING LOTION SPF 30, \$160
- 5** JURLIQUE AFTER SUN REPLENISHING MOISTURIZING LOTION, \$41
- 6** SHISEIDO WET FORCE ULTRA SUN PROTECTION CREAM SPF 50 FOR FACE, \$48
- 7** OMBRELLE 100% MINERAL LOTION SPF 50+ FOR KIDS, \$20

jacket, which is your SPF. You should be doing that all year long." Introduce as many of these magic molecules to your body as you can to mop up free radicals before they do damage. Look for vitamin C L-ascorbic acid or resveratrol in a serum. You can also add antioxidant-rich foods, such as green tea, grapeseed oil, tomatoes, carrots, red peppers and blueberries, to your grocery list.

Never go below 30. Sun protection factor (SPF) numbers are attributed in a lab, not in real life. Most SPF values are determined by using a layer of sunscreen that's almost two millimetres thick – a larger amount than anyone would apply on a given day. "People put one-quarter of the amount that's tested in the lab," says Dr. Carroll, "so if they're only putting on a 15, they're probably getting about a two." Neutrogena, famous for its SPF 100 products, reports that most people apply less than the recommended one ounce of sunscreen all over their bodies, and that translates to less sun protection than what's indicated on the label.

Look for broad-spectrum coverage. It's time to get to know our UV ABCs. SPF only relates to the amount of UVB rays that are filtered out. The past five years have revealed scientific proof that UVA is an even more important factor. "UVB burns you, but UVA is the one that causes skin cancer and ages you," says Dr. Carroll. The filters in chemical sunscreens that protect you from UVA, such as mexoryl, helioplex and oxybenzone, bump up the SPF into higher numbers "sometimes just as a happy accident." Physical sunscreens that contain zinc and titanium bounce off those UVA rays. You may want to consider whether to choose a chemical or physical sunscreen. The difference is in how it acts on your skin. A chemical sunscreen absorbs light and turns it into heat, while a physical sunscreen reflects the rays.

Give up on that tan, once and for all. "A spray tan is a great way to get colour, and a pill is a good way to get your vitamin D," advises Dr. Carroll. She warns that there isn't a single day when we're not in direct contact with damaging UV rays, which are the catalyst for accelerated signs of aging like wrinkles and age spots and, more importantly, skin cancer. If you think you're safe inside, think again. UVA rays penetrate glass. "I don't look outside. I don't see what the weather is, whether it's raining or snowing or sunny. I just put it on every day without fail."

Hitting the beach? Apply your SPF, then try a self-tanner, such as Bioderma Photoderm Moisturizing Tanning Spray (\$20), for a sun-kissed glow. "Self-tanners are so much better today," says David Durand, pharmacist and CEO for Bioderma Canada. "We have more knowledge about the technology, so it's a good compromise for people who are using SPF 40 or higher."

Luckily, the variations of formulas today mean there's something for everyone. Choose one that works with your lifestyle and stick with it – every day.

PICK YOUR POTION

MIST

WHY WE LOVE IT: IT GETS THOSE HARD-TO-REACH SPOTS, LIKE THE MIDDLE OF YOUR BACK, AND IT'S A GOOD IDEA TO SPRAY IT ON YOUR SCALP.

ONE TO TRY: VICHY IDÉAL SOLEIL INVISIBLE MIST SPF 50, \$32



CREAM

WHY WE LOVE IT: IT IS ULTRA-MOISTURIZING AND COMES PACKED WITH OTHER INGREDIENTS FOR HEALTHY SKIN.

ONE TO TRY: ESTÉE LAUDER DAYWEAR ADVANCED MULTI-PROTECTION UV DEFENSE SPF 50, \$46



POWDER

WHY WE LOVE IT: THE POWDER TACKLES SHINE AND COMES IN MULTIPLE SHADES, SO YOU CAN WEAR IT IN PLACE OF FOUNDATION.

ONE TO TRY: ÉMINENCE SUN DEFENSE MINERALS SPF 30, \$58



BB CREAM

WHY WE LOVE IT: IT EVENS OUT SKIN TONE AND PROVIDES SKIN-NOURISHING BENEFITS WHILE PROVIDING COVERAGE.

ONE TO TRY: GUERLAIN SUPER AQUA BB HYDRA+ SPF 25 PA++, \$90



CC CREAM

WHY WE LOVE IT: IT HELPS TO REDUCE THE APPEARANCE OF DARK SPOTS OVER TIME.

ONE TO TRY: MARCELLE CC CREAM SPF 35, \$30



FOR MEN

WHY WE LOVE IT: ITS GREAT PACKAGING WON'T MAKE MEN FEEL AWKWARD ABOUT PULLING IT OUT ON THE GOLF COURSE.

ONE TO TRY: BANANA BOAT FOR MEN SPF 30, \$10



FOR KIDS

WHY WE LOVE IT: ITS FUN PACKAGING AND CHEMICAL-FREE FORMULA IS PERFECT FOR TOTS.

ONE TO TRY: ATTITUDE LITTLE ONES SPF 30 100% MINERAL SUNSCREEN, \$20



FACE-SPECIFIC

WHY WE LOVE IT: THIS LIGHTWEIGHT FORMULA IS OIL-FREE, WHICH MEANS YOUR FACE WON'T FEEL LIKE A GIANT GREASEBALL AFTER APPLYING.

ONE TO TRY: HAWAIIAN TROPIC SILK HYDRATION FACE LOTION SPF 30, \$11



EYES

WHY WE LOVE IT: IT'S IMPORTANT TO PROTECT THE DELICATE SKIN UNDER THE EYES, BUT MOST SUNSCREENS CAN'T BE APPLIED TO THIS AREA.

ONE TO TRY: SKINCEUTICALS PHYSICAL EYE UV DEFENSE SUNSCREEN SPF 50, \$37



LIPS

WHY WE LOVE IT: SPECIALLY FORMULATED TO PROTECT THE AREA OF OUR FACE WE OFTEN FORGET, IT'S EASY TO APPLY AND CARRY AROUND TO ENSURE PROTECTION ALL DAY.

ONE TO TRY: SUN BUM SUNSCREEN LIP BALM SPF 30, \$5



SENSITIVE SKIN

WHY WE LOVE IT: THIS CLINICALLY PROVEN FORMULA MADE WITHOUT ALCOHOL AND FRAGRANCE MEANS YOU CAN FEEL CONFIDENT ABOUT YOUR CHOICE.

ONE TO TRY: COPPERTONE SENSITIVE SKIN SPF 50, \$12



BIG SCREEN ACTION

Navigating the sunscreen aisle can be confusing.

There are so many options, each offering some unique benefit. For clarity, Health Canada has created labelling standards for sunscreens sold in our country. Now, before any products hit store shelves, they must include specific labelling information about SPF and more. Here are the highlights:

#1 THE GROUND RULES

All sunscreen products must state the following:

- Apply liberally/generously (and evenly) 15 minutes before sun exposure.
- Reapply at least every two hours.
- For use on children less than six months of age, consult a healthcare practitioner.

#2 LABELLING

All sunscreen products must say they help prevent sunburn and list the amount of sun protection factor (SPF). Products containing combination of UVA and UVB ingredients may say "broad spectrum" on their labels, but a UVA symbol is not required.

#3 MINIMUM PROTECTION

A sunscreen with broad-spectrum coverage with SPF 15 or higher can claim that it decreases the risk of skin cancer and early skin aging caused by the sun IF used as directed with other sun protection measures, such as limiting time in the sun, especially from 10 a.m. – 2 p.m., and wearing protective clothing. A product that is not "broad spectrum" with SPF less than 15 must carry this label: Skin cancer/skin aging alert: "Spending time in the sun increases your risk of skin cancer and early skin aging. This product has been shown only to help prevent sunburn, not skin cancer or early skin aging."

#4 WATER AND SWEAT RESISTANT

Products can no longer claim to be waterproof or sweatproof. They are only water and sweat resistant for a time of either 40 or 80 minutes. The product will state either time, plus direct the wearer to reapply after swimming or sweating and immediately after towel drying.

5 NATURAL SUNSCREEN INGREDIENTS

Sunscreens are considered natural health products (NHPs) if they contain only titanium dioxide, zinc oxide or para-aminobenzoic acid (PABA).

STROKES OF GENIUS: SAFE APPLICATION TIPS

DON'T...

- Spend the day in the sun after getting a facial or even squeezing a pimple at home. Whenever the skin is a little damaged or irritated, there's a greater chance that a permanent mark will be left behind.
- Use chemical sunscreens if you have rosacea, as you may not tolerate it. They convert to heat when hitting the skin, which causes irritation, so stick to ones with titanium or zinc so the UV rays will bounce off.
- Use an old bottle. Sunscreen loses strength with time, so those expiry dates are there for a reason.

DO...

- Reapply every two hours, unless you're in the water – apply immediately after towelling off, following the instructions on the bottle.
- Keep an extra bottle at work for lunchtime walks.
- Use at least a shot glass worth of SPF for your body.
- Wear sunglasses. Squinting unprotected eyes can lead to crow's feet, too.
- Apply sunscreen to all those places you don't think the sun hits – like between your toes and behind your ears. UV rays bounce around so every part of you needs protection. 



Q+A WITH VICHY CANADA'S SCIENTIFIC LEADER



People typically apply only one-quarter of the amount of SPF that's tested in the lab. So, it's better to err on the side of caution and apply more sunscreen, not less, when you're heading out for the day.

The end OF THE ROAD FOR GRIME.

HIS MAGIC ERASER SCRUBS AWAY
THE TOUGHEST GRIME WITH EASE.



FOR RIMS + INTERIOR + GLASS

Wet before use. Not recommended for vehicle body,
high gloss or upholstered surfaces. Use as directed.



WHEN IT COMES
TO CLEAN
THERE'S
ONLY ONE
Mr.

AVEENO® PROTECT + HYDRATE™ SUNSCREEN LOTION

Get the protection you need with the hydration your skin wants. Love summer? Now your skin can, too. Not only does this sunscreen lotion provide effective broad-spectrum UVA/UVB protection, it also hydrates and nourishes skin all day. The ACTIVE NATURALS® oat formula leaves your skin feeling soft, smooth and healthier-looking than before you went in the sun. Plus, this formula is waterproof, sweat proof, oil-free and can be used on your face and body. Remember, summer's brighter when you PROTECT + HYDRATE™. Value: \$50. aveeno.ca



best health WIN THE BEST

Enter now at besthealthmag.ca/winthebest or [facebook.com/besthealth](https://www.facebook.com/besthealth) for a chance to be 1 of 4 lucky readers to win ALL prize packs featured; that's a total value of over \$116!

SCAN THIS PAGE FOR
ANOTHER WAY TO ENTER
THIS CONTEST WITH LAYAR.



NEW ROOTS HERBAL EXOTIC OILS

Sourced from around the world, these oils offer unrivalled protective, therapeutic, and regenerative properties. New Roots Herbal's Tamanu Oil is the ultimate rescue remedy for ailing skin. It will accelerate the healing of cuts, sores, burns, boils, acne, eczema, psoriasis, and so much more. The Argan Oil is lightweight, fast-absorbing nourishment for your skin, hair, and nails, while Seabuckthorn Seed Oil strengthens cell membranes and works as a very effective natural sunscreen. New Roots Herbal's Exotic Oils are an astounding collection of all-natural, organic oils that also include Baobab, Goji Seed, Rosa Mosqueta Seed, and Skin Lovers. Value: \$66. newrootsherbal.com

best
EATS

MENUS + MOTIVATION



SUNSET & VINE

Nothing epitomizes summer like plump, juicy tomatoes. The fact that they're one of nature's perfect foods, rich in antioxidants, folic acid and vitamins A and C, just adds to their appeal.

photography by MAYA VISNYEI

WE CAUGHT UP WITH...

Jay Carter, owner and proprietor of Dandylion, a refreshingly inexpensive and veggie-centric resto in Toronto *by RENÉE SUEN*



JAY CARTER STARTED HIS CULINARY JOURNEY washing dishes at a retirement home before finding his calling running some of Toronto's most influential kitchens. Many years working in Susur Lee's demanding and celebrated restaurant empire equipped the chef from Windsor, ON, with priceless skills, including traditional techniques of fermentation and preservation and mastery of the "waste not, want not" Chinese ethos.

After a decade under Lee, Carter was ready to open his own resto, but it took two more years to secure his dream space – a storefront he loved and passed by for 15 years – on Toronto's trendy Queen Street West. From the small and minimally equipped kitchen, he creates light and approachable fare. Vegetables are prized as much as, if not more than, meats and treated with care: Broccoli, for example, is prepared in a cacophony of textures – raw shaved, puréed, pickled, steamed or fried into chips – using the stem, florets and stalk. There's homemade bread, pickles, kombucha, yogurt, kefir and carbonated juices. While the menu is small, it changes around seasonality and availability.

BEST... FOOD MEMORY

There are so many: eating black pepper crab in Singapore; the first time I ate a raw English pea shucked out of the shell. I also remember being in the garden with my grandfather with a garden hose and a salt shaker. He'd pick a cucumber, clean it off and then season it.

BEST... KITCHEN HACK

You know how mashed potatoes get all gummy? If you set the starch in the potato first, you'll never have problems – they'll always be fluffy. I'm not sure where it came from – maybe it's a gnocchi thing – but it's a really useful trick.

Bring the potatoes to a point where they're just about to boil, then turn off the heat and let them sit for 45 minutes. Take them out to cool after that. Once they're cool, cook them like you would if you started from a raw potato: boil, then blend them.

BEST... KITCHEN TOOL

Hands. And I don't mean for tasting or finger licking, I mean you have to hold the food, touch it. Like when you grab a fig and gently squeeze it. There's no tool that can measure that. If you don't touch things, you don't know what stage they're at. If I don't touch it and I expect you to put it in your mouth, it doesn't make much sense, does it? It's a serious thing: You're entrusting me to feed you and I want to know everything about your food before I give it to you.

BEST... COOKING STYLE

Steaming is my favourite way to cook. It's amazing. There's nothing better than the cleanliness of a steamed piece of fish with a drop of soya sauce on it.

BEST... WAY TO PICK PRODUCE

I like to buy really ripe stuff because that's when it tastes best. Take guava: No one buys it when it's ready; everyone buys it when it's rock-hard and green. You want it when there are fruit flies around it. Actually, you should buy anything that has a fruit fly around it – that's when it's sugary and ready.

BEST... SEASONING

I like clean food that's bright and seasoned with acid and salt. I try to find different ways to heighten flavours. Instead of dousing with lemon juice and olive oil, I like getting flavours using leaves that are bitter or acidic, as well as dry stuff, like ground sumac, that's very lemony bright. It feels very cleansing when you eat that way. *BR*



Big cleaning for small spaces.

Swiffer® Dusters' fluffy fibres trap and lock dust that feather dusters can just spread around. The fluffy fibres also change shape to get into nooks and crannies, and dust virtually any surface.



**360°
DUSTERS™**



Swiffer® gives cleaning a whole new meaning.



WANT MORE IDEAS TO
REDUCE YOUR FAT INTAKE?
SCAN THIS PAGE WITH LAYAR
TO CHECK OUT GUIDING
STARS: NUTRITIOUS CHOICES
MADE SIMPLE™

FAT Chat

It's time for some straight talk on fats: what to eat and what to avoid. *Alison Kent* gets the conversation started.

photography by JODI PUDGE

WE ALL NEED A LITTLE FAT IN OUR lives. It's an important part of our diet, providing energy to help support growth and development and keeping our bodies both fuelled up and functioning well. It also provides essential building blocks for cells and helps with the absorption of vitamins A, D, E and K. Not only that but dietary fat can also greatly improve the flavour and texture of food. Fat tends to get a bad rap though, which is rather unfair and slightly flawed, all things considered. As it turns out, the *type* of fat found in foods is just as important to consider for overall good health as the *amount* of fat consumed.

Let's break this down further. In essence, there are four main types of fats, each with their own unique and distinct characteristics. This can be further divided into two fats considered healthy and two known to be unhealthy.

FIRST, THE GOOD...

(AKA, UNSATURATED FATS)

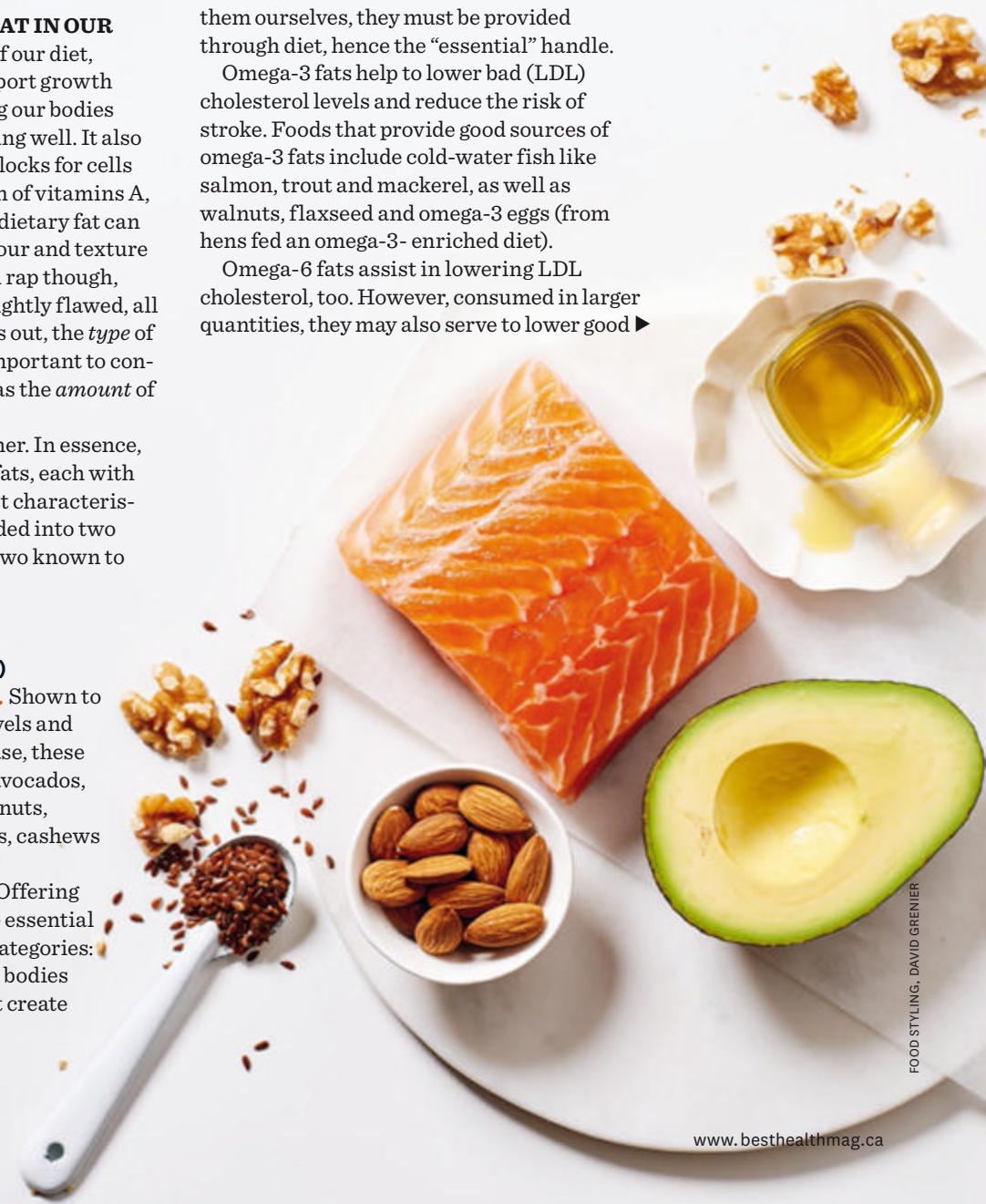
MONOUNSATURATED FATS. Shown to improve blood cholesterol levels and reduce the risk of heart disease, these healthy fats can be found in avocados, olive oil, canola oil and some nuts, including almonds, hazelnuts, cashews and pecans.

POLYUNSATURATED FATS. Offering heart-healthy benefits, these essential fatty acids include two sub-categories: omega-3s and omega-6s. Our bodies need them, but since we can't create

them ourselves, they must be provided through diet, hence the "essential" handle.

Omega-3 fats help to lower bad (LDL) cholesterol levels and reduce the risk of stroke. Foods that provide good sources of omega-3 fats include cold-water fish like salmon, trout and mackerel, as well as walnuts, flaxseed and omega-3 eggs (from hens fed an omega-3-enriched diet).

Omega-6 fats assist in lowering LDL cholesterol, too. However, consumed in larger quantities, they may also serve to lower good ▶



FOOD STYLING, DAVID GRENIER



SHOPPING FOR BETTER NUTRITION

The Guiding Stars program helps you easily decode the nutritional value in individual foods, so you can make balanced choices as you fill your grocery cart.

Here's how it works: let's say you're shopping for crackers. Those with whole grains, high fibre, low fat or low sodium might have one, two or three Stars to show their nutritional value. That same principle applies to many other fresh and packaged foods – if you see Stars, you're seeing nutritious choices.

You'll find Guiding Stars ratings on shelf labels in front of your favourite food items in select stores, so that you can make informed (and sometimes surprising) decisions when you shop, ensuring a well balanced diet for your family.



MAKE THE MOST OF YOUR STARS

Guiding Stars credit foods for vitamins, minerals, fibre, omega-3s and whole grains – and debit foods for saturated and trans fat, and added sodium or sugar. The highest number of Stars any food can attain is three, but that doesn't mean a food with one or two or even no Stars is a poor choice – it's all about finding the right balance.



Pasta

PC® Blue Menu™ Fettuccine with Fibre White Pasta delivers iron and fibre, earning its 3-Star rating.



Pasta Sauce

2-Star rated PC® Blue Menu™ Tomato & Basil has 0.05 g of Omega-3 DHA and EPA per 125 ml, no added sugar and 45% less sodium than regular PC® Pasta sauce.



Ground Beef

Choose extra lean ground beef – a source of protein with less than 7.5% fat. That earns this food 1-Star!

Find out more at guidingstars.ca

(HDL) cholesterol levels, so enjoy them in moderation. Foods containing omega-6 fats include safflower and sunflower oils, pecans and Brazil nuts.

...AND NOW, THE BAD FATS

SATURATED FATS. These fats can raise unhealthy LDL cholesterol and may increase the risk of developing heart disease. They are naturally occurring in foods from animals, such as full-fat dairy products, including cheese and butter, poultry (especially with the skin on) and fatty cuts of meat, and they can also be found in coconut and palm oils.

TRANS FATS. When liquid oil is chemically altered through a process called “partial hydrogenation,” trans fats are the result. Not only do they raise unhealthy LDL cholesterol but they also lower healthy HDL cholesterol – a risk factor for heart disease. Avoid these fats as much as possible or, at the very least, strive to scale them way back. Partially hydrogenated margarines, deep-fried and fast foods and processed foods are some of the main offenders.

QUICK TIPS

FOR MAKING HEALTHY FAT CHOICES

EAT LESS SATURATED FAT. Cut back on red meats and skin-on poultry, and trim away visible fat from both before cooking. Grilling meats will help reduce saturated fat slightly, as fat drips off and away while cooking.

ELIMINATE TRANS FAT. When grocery shopping, get in the habit of checking labels to ensure that you’re choosing foods that have little to no trans fats (and skip those that list “partially hydrogenated oil” in the ingredients). Check nutritional information for menus online and those posted at fast food restaurants.

FOCUS ON SWAPPING BAD FATS FOR GOOD. Include a small amount of unsaturated fat each day, especially foods rich in omega-3s. For example, make a salad with salmon, lentils and walnuts tossed with leafy greens and a vinaigrette made with flaxseed oil and lemon juice or cider vinegar.



CHECK OUT THE
SWAP & DROP DIET
COOKBOOK AT
BESTHEALTHMAG.CA/SHOP

READ LABELS. It’s worth noting that processed “fat-free foods” do not necessarily translate to healthier options. Plenty of packaged fat-free foods have simply and slyly replaced the fat with refined carbohydrates and sugar.

How much fat is too much? That depends on your age, weight, lifestyle and overall health. Health Canada recommends between 20 and 35 percent of total daily calories from fats, or 65 grams, based on a 2,000-calorie diet.

For improved cardiovascular health, make this simple switch: Reach for the good (monounsaturated and polyunsaturated fats), limit the bad (saturated fats) and avoid the ugly (trans fats).

SWAP AND DROP

SWITCH OUT SUMMERTIME CLASSICS WITH COMPARABLE FAVES THAT CONTAIN LESS FAT

SWAP THIS



CREAMY COLESLAW

Steer clear of heavy, thick dressings that weigh down coleslaw and other salads with elevated levels of fat.

FOR THAT

VINAIGRETTE COLESLAW

Instead, make your own with better-for-you oils and a touch of honey, or toss coleslaw with dried fruit for sweetness. For added creaminess, stir in plain yogurt or kefir.

ICE CREAM

Full-fat ice cream may seem a challenge to resist, but quashing cravings is a cinch when swapped for similar and equally satisfying options.



SORBET

Fruity and lower-fat sorbet is smooth, light and refreshing alternative to ice cream. Blend and freeze your own to create custom flavours.

PINA COLADA

Premixed cocktails and bar mix bases are the culprits here. And if ordering out, chances are it’ll be served in an oversized glass topped with whipped cream and a maraschino cherry.



MOJITO

Another one that’s improved by making it from scratch, but with its refreshing lime, fresh mint and soda water over ice, it’s still a better beverage choice when ordering out – with or without the rum.



porkapeñoswisscuit

We start with something simple, whole grain wheat crackers. Then we added Swiss cheese, zesty jalapenos and pulled pork. Where you take your Triscuit is entirely up to you.

Triscuit madeformore

 pinterest.com/triscuitcanada

get glowing skin & luscious locks

Turns out, Mom was right (again). You really are what you eat. So, if you're looking for healthy hair and skin, try these fabulous foods today.

by TONI-MARIE IPPOLITO

READY TO NOSH YOUR WAY TO better hair and skin? You can. Research is now showing that it's possible to influence your looks simply by choosing specific foods. Hair growth (and fallout), skin collagen production, hormone balance and more are all tied to what you choose to eat.

First thing to know, don't skimp on rich, healthy ingredients this season, even if you are trying to slim down.

"Our body has no idea what a calorie is," says Ciara Foy, a Toronto-based holistic nutritionist. "That's important to understand with respect to eating whole foods because they contain tons of nutrients, phytochemicals and enzymes that work synergistically to keep us healthy."

Here are our must-eats to help you get your glow on.



RECIPE FOR
CIARA FOY'S
LUSTROUS
LOCKS PROTEIN
BALLS



FATTY FISH

Fish that are high in omega-3 fatty acids have incredible beauty benefits, including glowing skin and shiny strands. About three percent of the hair shaft is made up of omega-3 fatty acids. They're found in cell membranes on your scalp and in the natural oils that keep your scalp and hair hydrated. While salmon is usually the superstar choice, Foy says mackerel, sardines and anchovies are even better. "They're great because they're at the bottom of the food chain, so they're not living for very long, which means toxins like mercury do not accumulate in them."



RED BELL PEPPERS

Did you know that red peppers contain far more skin-boosting vitamin C than oranges? "Vitamin C is a pre-cursor to collagen production and is also an antioxidant," says Dr. Julia Carroll, a dermatologist with Compass Dermatology in Toronto. "When light hits your skin, it creates free radicals. These bounce around inside your skin and lead to DNA damage, which turns into aging." The antioxidants attach themselves to free radicals and neutralize them so that they can't do damage. Loading up on red peppers will help keep your skin younger-looking.



SPINACH

Not only does spinach give you strength, but it's also a major anti-ager. According to celebrity nutritionist Kimberly Snyder, author of *The Beauty Detox Foods*, it's rich in beta carotene, which converts into the powerful anti-aging vitamin A. This nutrient is crucial for allowing proper moisture retention to the epidermis, helping to prevent wrinkles and remove dead skin. For premium absorption, pair spinach with a food that's high in vitamin C. Try a squeeze of lemon in a homemade dressing drizzled over a spinach salad.



COCONUT

The water from coconuts is a great natural hydration aid and contains potassium, an electrolyte that helps move nutrients into our cells. Coconut oil, which is high in healthy fats, vitamins E and K and minerals, is one of the best natural nutrients for your hair, boosting growth and shine by moisturizing the scalp. It's also highly effective in reducing protein loss when used as a pre-wash conditioning treatment – protein loss can leave strands weak and prone to damage. You can also try swapping vegetable oil for coconut oil when cooking – it has a high smoke point, which means it's great for high-heat cooking.



AVOCADO OIL

We all got the message about the benefits of eating whole avocados; now it's the oil that's getting all the attention. Avocados contain good amounts of vitamins A, D and E and omega-9 fatty acids – one of the building blocks of healthy skin – which is highly concentrated in the oil. All of these nutrients help to even out skin tone over time when added to your diet regularly. Avocado oil has a high smoke point, so it's versatile enough to use when sautéing or roasting veggies or as a drizzle on a cold summer soup.



6

EGGS

Whether you enjoy them sunny side up for breakfast or boiled and sliced cold over a green salad, eggs are serious healthy-hair helpers. One of their key ingredients is sulfur, an essential nutrient that helps with everything from vitamin B absorption to liver function (your body's detox organ). Sulfur is also necessary for the production of collagen and keratin, which help create and maintain shiny locks, strong nails and glowing skin.

GARLIC

Truly one of nature's best medicines, garlic also helps prevent breakouts and maintain clear skin. To make the most of its naturally antibiotic compounds, it's best to crush or chop garlic and leave it on the cutting board for a few minutes before cooking.

7



8

WALNUTS

These nuts have omega-3 and omega-6 fatty acids, which help the body retain moisture, giving your mane a healthy-looking shine. The protein content of the walnuts helps boost hair follicles, making hair fuller and stronger.



9

TOMATOES

Tomatoes are skincare superheroes, protecting you from sun damage thanks to their high antioxidant content. A recent study presented at The Royal Society of Medicine in London found that women who were given five tablespoons of standard tomato paste with 10 grams of olive oil every day for 12 weeks showed significant improvement in their skin's ability to protect itself against UV damage.

10

PUMPKIN SEEDS

These little wonders are packed with zinc, as well as vitamins A and K and omega-3 fatty acids, all of which are essential to building a healthy hair shaft. They're also rich in fatty acids and vitamin C, which are important for producing sebum – your skin's natural oil – to protect and repair skin.



Take a mini moment

with whole grain, popped Crispy Minis® rice chips.*



Gluten-Free and Delicious

11

COLLARD GREENS

All greens are great for our health, but collard greens are one of the most underappreciated. They are extremely high in vitamin C, a major antioxidant that fights toxins (just one cup of collards provides 70 percent of the recommended daily allowance of vitamin C). If you're trying to eat more raw meals this summer, try this take on the traditional taco: Mix ground walnuts with taco spice and a few dashes of tamari, top with salsa and roll in raw collard leaves.



HEMP

Hemp seeds are made up of 30 percent pure protein and a full range of amino acids and essential fatty acids needed to maintain your skin's structure. You can sprinkle a spoonful on cereal, or use hemp seed oil in dips or add it to your morning smoothie. According to a study noted in the *Journal of Dermatological Treatment*, symptoms of skin dryness and itching significantly improved after using hemp seed oil for 20 weeks when consuming one to two tablespoons a day.

12



13

PINEAPPLE

This sweet treat is high in vitamin C and the enzyme bromelain, which is known to be an effective skin softener. Drinking pineapple juice and munching on the fruit help the body synthesize collagen, which supports skin structure, while vitamin C and amino acids aid in cell and tissue repair, giving you a youthful appearance. Add it to your morning smoothie for a refreshing treat.



OYSTERS

These saltwater delicacies do wonders for hair, nails and skin. "They're a great source of dietary zinc, which is really important for the growth and function of skin cells," says Dr. Carroll. "If you go out and order half a dozen oysters, that will give you 500 percent of your daily requirement."

14



15

OATS

For the love of your locks, you need to eat more oats. "They have high amounts of zinc, biotin, magnesium and potassium," says Foy. "A deficiency in these key nutrients can lead to more brittle hair and more breakage." For the perfect summer breakfast, Foy suggests making soaked oats in a Mason jar: Fill a small jar halfway with oats, top with your favourite milk (dairy, almond or soy) and spices (like cinnamon and nutmeg), and let soak overnight in the fridge. In the morning, you can add berries, nuts and seeds for added nutritional value.





SOMETIMES FOOD CAN REALLY SPEAK TO KIDS.

Moms just know.

CANADIAN MILK. MADE OF 100% DEDICATION.



A LIFETIME
DEDICATED TO
Quality

Canadian dairy farmers work hard to produce milk of the highest quality – which is what you'll be getting every time you buy dairy products made from 100% Canadian Milk.

Learn more at canadianmilk.ca

LOOK FOR



A LIFETIME
DEDICATED TO
Quality

ADVERTORIAL



IT STARTS AT THE DAIRY FARM

Producing high-quality 100% Canadian milk requires top-notch animal care, dedication, and a love of the land. There are close to 12,000 dairy farms in Canada—most of them are family owned. These are generations of hard-working dairy farmers devoting their lives to the family business, who choose to work with animals because they enjoy it. Every time you purchase a dairy product with the 100% Canadian Milk symbol, you can take pride in the fact that you're supporting your Canadian dairy farmers and your local economy.

STRICT REGULATIONS FOR SAFE, PURE MILK

Canadian milk and dairy products are world-renowned for their excellence. This stellar reputation is in part due to our strict quality standards and an on-farm food safety program called the Canadian Quality Milk Program (CQM). This program helps producers prevent, monitor, and minimize the risk of food safety hazards on their farms.

Dairy farmers become CQM-certified only when their food safety systems meet the rigid requirements. They must adhere to a mandatory set of checks and balances that take place before and after each milking to ensure the milk isn't contaminated, that the herd and equipment is sanitized, and that the temperature of the milk is regulated. All of this is constantly checked and documented to provide proof and ensure accountability. Dairy farms and dairy plants are also subject to periodic inspections by the Canadian Food Inspection Agency.

CONSISTENT PROCESS ACROSS CANADA

You can be sure Canadian milk is safe and wholesome all across the country. Dairy farmers that are CQM-certified follow the same quality control procedures and audits to produce high-quality milk. No matter where in Canada you buy your milk, you know it's made with the same level of care.

FREE FROM HORMONES & ANTIBIOTICS

Concerned about artificial growth hormones or antibiotics in the dairy products you eat? If it has the 100% Canadian Milk symbol, there's no reason to worry. In Canada, no cow can be given artificial hormones to increase its milk production. Instead, Canada's dairy farmers maximize milk production by making sure their cows are healthy and well nourished. Antibiotics are given only to sick cows. When a cow receives antibiotics, the dairy farmer must clearly identify and document the cow, and discard her milk for a mandatory period until it's free from antibiotic residue. A producer who violates these rules is subject to severe fines.

HEALTHY COWS ARE HAPPY COWS

Canadian dairy farmers have tight control measures to ensure only milk from healthy cows is taken. Nutritious diets, clean water, comfortable living conditions, and good veterinary care are among the many practices that ensure a herd of healthy cows. Content animals are more productive animals—a healthy, happy cow gives more high-quality milk.



LOOK FOR THE SYMBOL: Look for the 100% Canadian Milk symbol wherever you buy dairy products. It's your guarantee that they're made entirely from locally produced milk renowned for its purity, high quality, and great taste.

The 100% Canadian Milk symbol appears on the packaging of more than 4,000 dairy products, and the numbers are growing every day. Milk, butter, cheese, yogurt – the list of delicious wholesome Canadian dairy products goes on. So you can be sure your dairy products are made using milk of the highest quality when they're made from 100% Canadian milk.

ON YOUR MARK, GET SET,

GRILL

From beach volleyball to cycling to water polo, the Pan Am/Parapan Am Games promise a sizzling summer of sports. Why not plan a barbecue around your favourite event and invite a few friends over? We've got a great menu: easy and healthy recipe ideas, plus a patriotic punch for toasting our athletes.

by ALISON KENT photography by JODI PUDGE food styling DAVID GRENIER

GRILLED CHICKEN BEAN BURGERS WITH TAHINI SLAW

Recipe on page 125





ROASTED CAULIFLOWER DIP

Makes 3 cups (about 24 servings)

Serve with assorted raw veggies for a flavourful dip or with fresh baguette slices and crackers for a smooth spread.

INGREDIENTS

- 1 large head cauliflower (about 2 lb/1 kg)
- 8 cloves garlic
- 2 tbsp + 1 tsp (30 mL) extra-virgin olive oil
- ¾ tsp (4 mL) each ground cumin and ground coriander
- ½ cup (125 mL) plain yogurt
- 1 tbsp (15 mL) lemon juice
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- 2 tbsp (25 mL) chopped fresh parsley

METHOD

Preheat oven to 425°F (220°C). Cut cauliflower into florets. In a large bowl, toss cauliflower and garlic with 2 tbsp (25 mL) of the olive oil, plus the cumin and coriander to coat.

Spread on a large parchment-paper-lined rimmed baking sheet; bake, stirring once, until tender and golden, about 40 minutes. Let cool, about 20 minutes.

In a food processor, purée cauliflower and garlic with yogurt, lemon juice, salt and pepper until smooth. Briefly blend in all but a pinch of the parsley.

Spoon into a serving bowl; cover and refrigerate until chilled, at least 30 minutes.

To serve, drizzle with remaining 1 tsp (5 mL) olive oil and sprinkle with remaining parsley.

Per serving: 26 calories, 1 g protein, 1 g fat (0 g saturated fat), 3 g carbohydrates, 1 g fibre, 1 mg cholesterol, 64 mg sodium

IPAD
EXTRA

GOT PAN AM
FEVER? FIND OUT
MORE ABOUT THE
GAMES ON
OUR APP



GRILLED CHOPPED VEGGIE SALAD

Recipe on page 124

YOGURT AND BERRY TERRINE

Recipe on page 124

GRILLED CHOPPED VEGGIE SALAD

Makes 6 to 8 servings

This dish is best served warm or at room temperature. Top with crumbled feta or goat cheese or curls of shaved Parmesan cheese, if desired.

INGREDIENTS

- 2 Belgian endives, halved lengthwise
- 1 large head radicchio, cut into quarters with core intact
- 3 tbsp (45 mL) extra-virgin olive oil
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) pepper
- 2 tbsp (25 mL) balsamic vinegar
- 4 portobello mushroom caps
- 2 medium green zucchini, diagonally sliced ¾ inch (2 cm) thick
- 1 each sweet red pepper and sweet yellow pepper, quartered, ribs and seeds removed
- 3 tbsp (45 mL) torn fresh basil leaves

METHOD

Drizzle endives and radicchio with 1 tbsp (15 mL) of the oil; place on a greased grill over medium-high heat. Grill, covered and turning once or twice, until lightly charred, tender and slightly wilted, 4 to 6 minutes.

Transfer endives and radicchio to a cutting board; discarding any cores or root ends, coarsely chop into large bite-size pieces. Toss with half of the vinegar and half each of the salt and pepper; arrange on a large platter.

Toss mushroom caps, zucchini and red and yellow peppers with remaining 2 tbsp (25 mL) oil; place on greased grill over medium-high heat. Grill, covered and turning once or twice, until lightly charred and tender, 6 to 8 minutes.

Transfer to cutting board; coarsely chop vegetables into large bite-size pieces. Toss with remaining vinegar, salt and pepper; arrange on top of radicchio mixture. Sprinkle with basil.

Per serving (each of 8): 102 calories, 4 g protein, 6 g fat (1 g saturated fat), 11 g carbohydrates, 3 g fibre, 0 mg cholesterol, 180 mg sodium



YOGURT AND BERRY TERRINE

Makes 8 to 10 servings

Reflective of our Canadian colours, this vibrant and fresh dessert can be made up to one week ahead of time. To do so, simply overwrap the terrine in a loaf pan with heavy-duty foil or slip it into a large resealable plastic bag and freeze. To quickly soften frozen yogurt, beat in a stand mixer with paddle attachment until smooth.

INGREDIENTS

- 12 fresh strawberries, sliced thinly into rounds
- 4 cups (1 L) strawberry frozen yogurt, softened
- 1 cup (250 mL) fresh raspberries
- ½ cup (125 mL) shelled raw pistachios
- 2 cups (500 mL) vanilla frozen yogurt, softened
- Fresh mint leaves (optional)

METHOD

Line a 9- x 5-inch (2 L) loaf pan with plastic wrap, leaving a 3-inch (8 cm) overhang. Arrange half of the strawberry slices in a snug single layer on bottom of pan to cover. Top with half of the strawberry frozen yogurt, spreading to smooth top. Sprinkle evenly with half each of the raspberries and pistachios; freeze until firm, at least 1 hour.

Top with layer of vanilla frozen yogurt, spreading to smooth top. Sprinkle evenly with remaining raspberries and pistachios; freeze until firm, at least 1 hour.

Top with remaining strawberry frozen yogurt, spreading to smooth top. Top with enough remaining strawberry slices to cover surface in snug single layer; cover with plastic wrap and freeze until firm enough to slice, about 2 hours.

To serve, turn terrine out onto serving plate, using edges of plastic wrap as "handles;" remove plastic wrap. (If it doesn't release right away, let stand at room temperature just until it does, 2 or 3 minutes.) Using a large knife and running the blade under hot water between slices, slice into 1-inch (2.5 cm) slices. Garnish with mint leaves and additional berries, if desired.

Per serving (each of 10): 204 calories, 10 g protein, 5 g fat (2 g saturated fat), 29 g carbohydrates, 3 g fibre, 18 mg cholesterol, 66 mg sodium

GRILLED CHICKEN BEAN BURGERS WITH TAHINI SLAW

Makes 6 servings

Sandwich burgers with additional veggies, such as baby arugula and sliced tomato. For cheeseburgers, top burgers with thinly sliced Swiss or Cheddar cheese 1 minute before the end of grill time. To save time chopping and shredding, replace coleslaw veggies with one 12 oz (340 g) bag of prepared cabbage slaw or broccoli slaw, if desired.

INGREDIENTS

TAHINI SLAW

1/4 cup (50 mL) light mayonnaise
3 tbsp (45 mL) plain yogurt
2 tbsp (25 mL) tahini
1 tbsp (15 mL) lemon juice
Pinch each salt and pepper
1 cup (250 mL) each shredded green and red cabbage
1/2 cup (125 mL) shredded carrot
1/2 cup (125 mL) thinly sliced sweet yellow pepper
1/4 cup (50 mL) very thinly sliced red onion



CHICKEN BEAN BURGERS

1 egg
1 tbsp (15 mL) Dijon mustard
1 cup (250 mL) drained and rinsed canned white kidney beans
2 green onions, thinly sliced
1/3 cup (75 mL) quick-cooking (not instant) rolled oats
1 tbsp (15 mL) whole flaxseed
1 tsp (5 mL) dried basil or dried oregano
1/4 tsp (1 mL) each salt and pepper
1 1/2 lb (750 g) lean ground chicken
6 thin whole-wheat burger buns

METHOD

TAHINI SLAW: In a large bowl, whisk mayonnaise, yogurt, tahini, lemon juice, salt and pepper. Add green and red cabbage, carrot, yellow pepper and red onion; toss to coat. Set aside while preparing burgers.

BURGERS: In a large bowl, beat egg with Dijon. Add beans; use masher or fork to mash until fairly smooth with some chunks remaining. Stir in green onions, oats, flaxseed, basil, salt and pepper. Mix in chicken; shape into six 3/4-inch (2 cm) thick patties.

Place on a greased grill over medium-high heat; grill, covered and turning once, for 6 to 8 minutes per side or until no longer pink inside.

Split buns and grill cut sides down, until golden and toasted. Sandwich burgers in buns with Tahini Slaw piled on top.

Per serving: 398 calories, 30 g protein, 16 g fat (4 g saturated fat), 35 g carbohydrates, 7 g fibre, 134 mg cholesterol, 390 mg sodium

CROWN LAND

INGREDIENTS

1.5 oz of your preferred Canadian rye whiskey (we used Crown Royal)
1/2 oz of amber (Quebec or Ontario) maple syrup
3/4 oz of Calvados (you can use unfiltered apple cider if desired)
Juice of lemon to balance the sweetness of the syrup
3 drops Dillon's Distillers Rhubarb Bitters

METHOD

Shake gently and pour over crushed ice in a tumbler or serve in a martini glass. Garnish with an apple medallion. 

Cocktail recipe courtesy of Christopher Sealy
Sommelier, George Restaurant, Toronto

Let happiness of women heal our world:

Frequent BATHROOM TRIPS?

Women: Incontinence, bladder infections, UTI's can be controlled within days with **Bladder Control Tea** for **Women** available in all health food stores. Stop wearing pads and diapers. Has helped tens of thousands of women. 3 million women in Canada

suffer needlessly, because the World Health Organization says antibiotics lost most of their effectiveness years ago. Yes, women can go shopping and travelling without fear of wetting or odours. Free yourself from this outdated thinking. Relief guaranteed. ■ **The tea #4b worked** and there were no side effects. After antibiotics and unsuccessful surgery I was skeptical that a tea could help. The testimonials made me try it and to my delight they were true. Angela Romualdi, 46, Maple, ON ■ **No more wetting accidents.** Within a week I was in complete control. Deborah Haight, 49, Collingwood, ON ■ **After trying every medication** in the last 5 years tea #4b worked better than I hoped for. Had relief in 6 days. Thank you for this great product, and above all, for truth in advertising. Marina Rosa, 57, Las Vegas, NV

HRT Menopause Combo



#3 NPN 80050677

■ **Hot flashes and night sweats** stopped completely. Sleeping well again. Other products didn't work. Charlene Currie, 52, Winnipeg, MB.

■ **For the last 2-3 years I was miserable,** had mood swings, extreme anger, depression because of menopausal emotions. After 3 days on #33 I felt like a new person. I was singing in the kitchen again. Christina Kearns, 53, Kingston, ON ■ **Hot**

flashes, insomnia, low libido gone since taking #33. Sleep well again. I got my groove back and my husband is a happy man again. Uwanda Boyd, 41, Hamden, CT. ■ **Got gradually less hot flashes and they stopped** completely. Feel amazed, happy and have lots of energy and libido. Loreta Blazys, 51, Calgary, AB.

Other Natural Health Products for Women, ask for:

- Intestinal Cleansing and Weight Control #10
- Headache/Migraines Relief in 30 minutes #15 ■ Gentle Relief Constipation Tea in Capsules #28 ■ Bone Density Recovery #37

■ Osteoarthritis also guaranteed relief for Sciatica and Rheumatoid Arthritis ask for Bell Shark Cartilage #1.

100% Truthful testimonials with full names and towns. Real people you can call, if you want more reassurance. No money is paid for testimonials. To ensure this product is right for you, always read labels and follow instructions.

60 MORE NATURAL MEDICINES on the Bell website. All guaranteed to help.

Natural medicines are not altering the chemistry of our body and cause virtually no side effects



President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. **Nick A. Jerch**

Enjoy sex again like in your honeymoon.

We have hundreds of testimonials like these:

Erosyn™ is the only product that helps most women to restore libido, desire and the ability to climax. There is no drug or natural product like it.

Evidence from our web site:

■ **Erosyn** #7 NPN 80049238

saved my marriage. I'm overjoyed! My libido is back. Words cannot describe how grateful I am. **Carla Daunais, 32, St-Hubert, QC** ■ **I've been married for 13 years** and never experienced climaxes in the last 12 years - until I took Erosyn. New sex life is exciting! What a miracle! **Jeane Adams, 37, American Fork, UT** ■ **My sexual desire is greater now** than it was for 30 years. It's wonderful to have such ecstatic joy. I've tried others that didn't work. **Eve Jameson, 58, Kingman, AZ** ■ **Literally hundreds more testimonials from delighted women on the Bell website.**



Beautiful Skin

Beauty has to start from the inside! Not from smearing creams on the outside, says my wife and all her friends.

STEM CELL ACTIVATOR Does actually activate your own stem cells in greater numbers that spread all over your body and consequently over your skin everywhere. This is a healing process that also relieves pain in your back, neck or heals injuries much quicker.

■ **In a few weeks I noticed a huge difference....** in the appearance of my skin as some lines and creases were diminishing

leaving a nice, polished glow to my face. Other beauty products "couldn't hold a candle to it." Caroline Dube, Petawawa, ON ■ **"Since I switched to Bell Stem Cell Activator my skin looks more youthful again."** Maria Racz, 65, Vancouver, BC ■ **"My greatest surprise and joy** was to always receive compliments about my skin since I started to take Bell Stem Cell Activator." Mary Graham, 55, Innisfil, ON ■ **"My skin is younger looking and healthy."** My hair is full and lush. Doralyn M. Penning, 49, Farmington, MI



#63 NPN 80051478

Snoring? Sleep apnea? Trouble falling asleep?



#23 NPN 80027595

University of Toronto professor states that 69% of adults have sleeping problems. Bad sleep reduces physical and creative energy all next day. Almost all families are affected. Sleep apnea may cause high blood pressure, strokes, heart attacks and irregular heart beats. Can be very destructive in relationships. **Hundreds of true testimonials on the Bell website from people like you.**

■ **I really didn't snore** or gasp for air anymore. I sleep through the night and feel rested and refreshed in the morning. **Mark Wilson, 40, Hudson, NH.** ■ **Sleep apnea capsules worked first night.** For 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. **Karen Braun, 67, Glace Bay, NS.** ■ **For 20 years I was waking up frequently** gasping for air. During the day I would start napping every time I would sit down, because I was tired. Since taking #23 sleeping 6 hours is heaven. It made a substantial change in my life. **Mary C. Myrick, 62, Jackson, MS.** ■ **It is such a joy** not having to use the CPAP machine anymore. **Wayne Burse, 63, Beamsdale, ON.**



#60 NPN 80057652

Works by cleaning blood from the inside, instead of attacking skin with creams or washes from the outside and leaving actual cause untreated.

Actual Results. ■ **After 1 week** my severe acne became quite mild and after 2 weeks it had completely vanished. I suffered for 5 stressful years of having

acne and extremely dry, irritated skin. **Bell Help for Skin Disorders** ■ **saved my life.** My skin is now beautiful and you would never know I suffered from acne and other skin problems for years. **Zach Lustgarten, 18, Oshawa, ON.**

RED NOSE/CHEEKS ROSACEA gone in less than a week. Was fighting it for 30 years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a reddish face comes from drinking. This is a myth. Will take it for the rest of my life when needed. **Donald E. Gillespie, 56, Innisfil, ON.**

PSORIASIS ■ **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell Help for Skin Disorders, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. **Jessica Shantz, 25, Dawson Creek, BC.**

ECZEMA For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell Help for Skin Disorders for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. **Andy Yuen, 58, Vancouver, BC.**

ACNE

Eczema & Psoriasis Rosacea

Works by cleaning blood from the inside, instead of attacking skin with creams or washes from the outside and leaving actual cause untreated.

Actual Results. ■ **After 1 week** my severe acne became quite mild and after 2 weeks it had completely vanished. I suffered for 5 stressful years of having

acne and extremely dry, irritated skin. **Bell Help for Skin Disorders** ■ **saved my life.** My skin is now beautiful and you would never know I suffered from acne and other skin problems for years. **Zach Lustgarten, 18, Oshawa, ON.**

RED NOSE/CHEEKS ROSACEA gone in less than a week. Was fighting it for 30 years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a reddish face comes from drinking. This is a myth. Will take it for the rest of my life when needed. **Donald E. Gillespie, 56, Innisfil, ON.**

PSORIASIS ■ **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell Help for Skin Disorders, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. **Jessica Shantz, 25, Dawson Creek, BC.**

ECZEMA For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell Help for Skin Disorders for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. **Andy Yuen, 58, Vancouver, BC.**



Try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard. S & H \$9.95. No S & H if 3 bottles are ordered. Also available in pharmacies.

1-800-333-7995 www.BellLifestyle.ca

DIRECTORY OF PRODUCTS

All products available at mass merchandisers, unless specified. Products may not be available at all times at all locations. Check with individual retailers.

Adidas: Hudson's Bay, thebay.com
Anastasia Beverly Hills: Sephora, sephora.ca
Atelier Cologne: Sephora, sephora.ca
Attitude: attitudeliving.com
Bioderma: drugstores; bioderma.ca
Biotherm: department stores; drug stores; biotherm.ca
Bliss: Sephora, sephora.ca
Bourjois Paris: Shopper's Drug Mart
Buxom: Sephora, sephora.ca
Chanel: Chanel beauty counters, chanel.com
Charlotte Tilbury: Exclusively at Holt Renfrew
Clarins: department stores; clarins.com; murale.ca
COLAB: London Drugs; Jean Coutu; Lawtons; select Pharmasave and Pharmachoice
Crabtree & Evelyn: crabtree-evelyn.ca
Estée Lauder: esteelauder.ca
Flower: Walmart, walmart.ca
Formula X: Sephora, sephora.ca
Fresh: Sephora, sephora.ca
Freya: freyalingerie.com
Guerlain: Hudson's Bay, thebay.com; Sephora, sephora.ca
Hard Candy: Walmart, walmart.ca
Hunter: ca.hunterboots.com
imPRESS: Walmart; drugstores
Joe Fresh: joefresh.com
Karora: Murale, murale.ca
L'Occitane: ca.loccitane.com
Lolë: lolewomen.com
Make Up For Ever: Make Up For Ever Boutiques; Sephora, sephora.ca
Marc Jacobs: Hudson's Bay, thebay.com
Merben: merben.com
Nars: Sephora, sephora.ca
Prtty Peaushun: waxon.ca
Philosophy: Sephora, sephora.ca
Prince Reign: waxon.ca
Quo: Shopper's Drug Mart
Rococo: amazon.com
Sam Edelman: nordstrom.com
Seafolly: seafolly.com
Shan: shan.ca
Shu Uemura: select Holt Renfrew, Hudson's Bay and Sephora locations; shuuemura.ca
Sibu: Loblaw's; Whole Foods; The

Shopping Channel
SkinCeuticals: skinceuticals.com/canada

Skyn Iceland: Murale, murale.ca; select Shopper's Drug Mart
Smashbox: Sephora, sephora.ca
St. Tropez: Shopper's Drug Mart; Murale, murale.ca; Hudson's Bay; London Drugs

Stuart Weitzman: stuartweitzman.com
Sun Bum: Shopper's Drug Mart
Teva: Holt Renfrew; Gravity Pope; tevaonline.ca
Vichy: drugstores, vichy.ca
Vita Liberata: Sephora, sephora.ca
Waxon: waxon.ca
Weleda: weleda.ca

BEST LOOKS OPENER

PG. 27

Sally Hansen Complete Salon Manicure in Goldie Frocks, \$9
Sally Hansen Complete Salon Manicure in Hi Ho Silver, \$9
M.A.C. Studio Nail Lacquer in Soiree, \$12, maccosmetics.com

BEST YOU OPENER

PG. 71

Clockwise from top left
Virginia Johnson Le Weekend Flip-Flops, \$13. virginajohnson.com
Bioderma Photoderm Refreshing After-Sun Milk, \$24. bioderma.ca
Essie Nail Lacquer in Peach Side Babe, Pret-a-Surfer + Saltwater Happy, \$10 each. essie.ca
Lise Watier Palette Rivages, \$54. Shopper's Drug Mart; Hudson's Bay; lisewatier.com
The Body Shop Honey Bronze Shimmering Dry Oil, \$24. thebodyshop.ca
SWIMS Beach Towel, \$65. Various retailers across Canada; swims.com
TOMS Canvas Drawstring in Reef Chili Chevron, \$86. toms.ca
Avène Eau Thermale High Protection Suncare Lotion SPF 50+, \$29.
Oakley "Kick Back" Sunglasses, \$190. oakley.ca

CONTEST SUBMISSIONS POLICY: Original contributions from readers (text and photo) become the property of Reader's Digest Magazines Canada Limited, and its affiliates upon publication. Submissions may be edited for length and clarity, and may be reproduced without notice or compensation in all print and electronic media. Receipt of your submission cannot be acknowledged.



Exhilarating
Natural
Comfort



To find your nearest retailer and enter our online contest

www.finncomfort.ca

Exclusive Canadian distributor
Serum International Inc.
 1-888-760-1156
finncomfort@serum.ca



EVERY ISSUE WE ASK A NEW QUESTION – CROWDSOURCED CONTENT TO INSPIRE YOU!

THIS ISSUE'S QUESTION: "WHAT IS YOUR FAVOURITE SUMMER MEMORY?"

My favourite summer memory is kayaking in Nova Scotia with my boyfriend last summer. It was perfect weather, and we even saw a mother and train of baby ducks!

RACHEL CARTWRIGHT, HALIFAX, NS

My favourite summer memory is running through the sprinkler with my sisters in my parents' backyard.

ERINN LISHMAN, STONEY CREEK, ON

Ever since I was tiny, I've loved simply laying down in the fresh soft summer grass of our backyard... I'm a grandma of little ones now and STILL love those first days of flopping down on the grass and looking up to see what the sky above me has to offer.

LOIS GITZEL, BUSBY, AB

Kayaking in the morning at my cottage when the water is perfectly still.

CAROLINE HODGSON, MARKHAM, ON

My best summer memories are family camping trips. The first thing we do is lock up all electronics in the car. We hike, scuba dive, marvel at how beautiful the stars look so far away from the city lights. Maybe someday I'll try it outside of Ontario but for now, there's nothing more beautiful than my home province.

LORI GARDINER, TORONTO, ON

ANSWER THIS QUESTION:

WHAT IS THE HEALTHIEST THING YOU'VE EVER DONE FOR YOURSELF?

ANSWER AND YOU COULD WIN!

Answer our next question for a chance to win one of three (3) Almased prize packs valued at \$40. Almased's special blend of non-GMO soy, yogurt and honey combined in a unique fermentation process helps in weight management when used in conjunction with a healthy habit of diet and exercise. The unique and all-natural Almased formula is gluten-free and contains no artificial fillers, flavours, added

sugars, preservatives or stimulants. Almased comes in a powder form to be mixed with cold liquids such as bottled or filtered water, skim milk or unsweetened almond milk. Visit www.almased.ca. For a complete set of rules and more information on the contest, as well as more information on our submissions policy, please visit besthealthmag.ca/bestforlast or facebook.com/besthealth



PRIZE MAY NOT BE EXACTLY AS SHOWN. CONTEST CLOSES AUGUST 6TH, 2015. FOR MORE INFORMATION ON OUR SUBMISSIONS POLICY, PLEASE VISIT BESTHEALTHMAG.CA/BESTFORLAST OR FACEBOOK.COM/BESTHEALTH



SCAN THIS PAGE FOR ANOTHER WAY TO ENTER THIS CONTEST WITH LAYAR

Tuesday	Wednesday	Thursday	Friday
Other ovulation tests tell you your two most fertile days. We double that.			



New Clearblue Advanced Digital Ovulation Test is the only test that tells you the **4** best days to get pregnant. That's **2x** more days than any other test.*

www.clearblue.com/ca/

*In a study of 87 women, 4 or more fertile days were identified in 80% of cycles using actual cycle length.

Tastier than gelato.
Zippier than three cappuccinos.



The FIAT® 500 captures all the many flavours of Italy in an amazingly fun-to-drive package. And even when it's having fun, it still keeps an eye on the gas tank, delivering an impressive 5.9 L/100 km highway.* No wonder it was a *Consumer's Digest Best Buy*. Get a true taste of Italian style and performance, starting from just \$16,495.^



*As good as 7.6 L/100 km city. Based on 2015 EnerGuide fuel consumption ratings for FIAT 500 equipped with the 1.4L MultiAir® I-4 engine and five-speed manual hatchback. Your actual fuel consumption will vary. Ask your retailer for EnerGuide information. ^Starting at price of 2015 FIAT 500 Pop. Starting from price of FIAT 500 Sport model shown: \$19,895. Freight (\$1,695), retailer fees, taxes and other charges extra.